



**Things to consider while performing exercises:**

- Hold each exercise for 2 seconds
- Do not perform if painful
- Slowly return to start position after each repetition
- Begin by performing 3 sets of 10 repetitions
- Focus on specific movement
- Exercises can be progressed by adding a resistance band or a cuff weight

**Straight Leg Raise**

Begin on back with one knee bent so that the foot is flat on surface. The opposite leg should be straight with the foot pointed toward the ceiling. Tighten thigh muscle to keep the knee straight, then lift the leg up and off surface. Do not go past the height of the opposite knee.



To progress, place a cuff weight around the ankle.



**Bridging**

Begin with both feet flat on the surface. Tighten buttocks muscles and lift hips up toward the ceiling until the lower back starts to rise. Keep back straight and knees steady.





To progress, place a resistance band around the knees. At the top of the bridge, open the knees out. Bring knees together before lowering hips to surface.



### Clamshells

Begin on side with knees bent towards chest. Feet and knees should be in line with each other. Rotate hip so the top knee points toward the ceiling. Do not rotate trunk.



### Quadriceps

Sit with thigh fully supported. Kick the leg out until the knee is straight.





### Hamstring Curl

Sit with thigh fully supported. Start with leg straight out, bring heel back towards the chair or bed. To progress, anchor a resistance band to a secure location and attach to ankle.



### Ankle Dorsiflexion

Support the foot on a flat surface. Rest the heel. Attach the resistance band to the middle of the foot. Pull the foot up towards knee. May also attach resistance band to a secure location.



### Ankle Plantarflexion

Support the foot on a flat surface. Rest the heel. Attach the resistance band to the middle of the foot. Push the foot down.





### Ankle Inversion

Support the foot on a flat surface. Rest the heel. Attach the resistance band to the middle of the foot. Turn the ankle towards the middle. May also attach resistance band to a secure location.



### Ankle Eversion

Support the foot on a flat surface. Rest the heel. Attach the resistance band to the middle of the foot. Turn ankle towards the outside. May also attach resistance band to a secure location.

