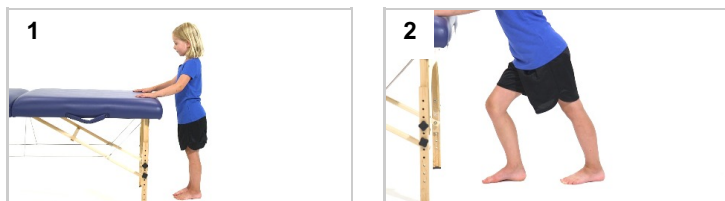


## Clinician Notes

If you are not feeling improvement in 4 weeks' time. Please call and schedule a formal PT assessment.

### Standing Gastroc Stretch

<b>REPS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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#### Setup

Begin standing in front of a table or wall.

#### Movement

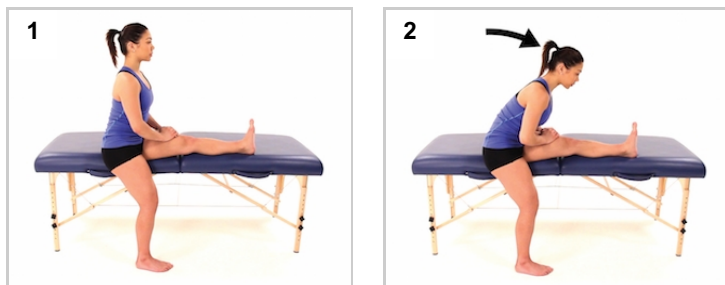
Place your hands on the table and step back with one leg, keeping your back knee straight, heel on the ground, and toes pointing forward.

#### Tip

Do not let your heel come off the ground or your toes turn in or out.

### Seated Table Hamstring Stretch

<b>SETS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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#### Setup

Begin sitting upright on the edge of a table or bed with one leg resting straight on the bed and your other foot on the floor.

#### Movement

Gently lean forward, hinging at your hips, until you feel a stretch on the back of your leg, and hold.

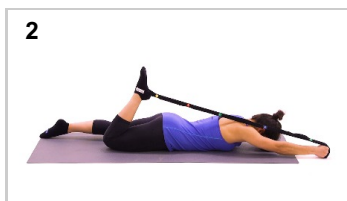
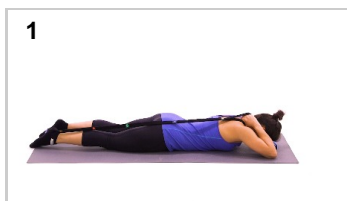
#### Tip

Make sure to keep your knee straight and toes pointing up toward the ceiling. Do not round your back as you bend forward.

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## Prone Quadriceps Stretch with Strap

<b>REPS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 2</b>
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### Setup

Begin lying on your front with your legs straight, holding the end of a strap that is looped around one foot.

### Movement

Pull the end of the strap over your shoulder on the same side of your body, bending your knee, until you feel a gentle stretch in your thigh.

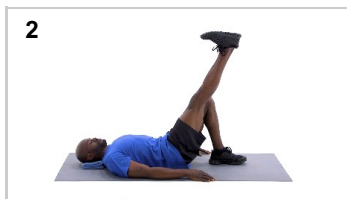
### Tip

Do not let your low back arch during the stretch.

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## Supine Active Straight Leg Raise

<b>REPS: 10</b>	<b>HOLD: 5</b>	<b>DAILY: 2</b>	<b>WEEKLY: 7</b>
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### Setup

Begin lying on your back with one knee bent and your other leg straight.

### Movement

Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.

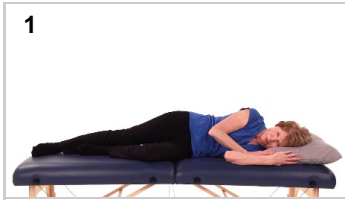
### Tip

Make sure to keep your leg straight and do not let your back arch during the exercise.

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## Sidelying Hip Abduction

<b>REPS: 10</b>	<b>HOLD: 5</b>	<b>DAILY: 2</b>
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### Setup

Begin lying on your side with your top leg straight and your bottom leg bent.

### Movement

Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.

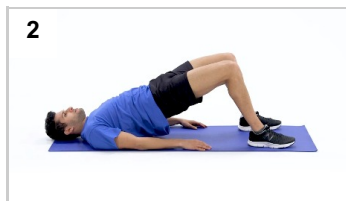
### Tip

Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

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## Supine Bridge

<b>REPS: 10</b>	<b>HOLD: 10</b>	<b>DAILY: 2</b>
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### Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

### Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

### Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

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## Seated Long Arc Quad

REPS: 10	HOLD: 10	DAILY: 2	WEEKLY: 7
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### Setup

Begin sitting upright.

### Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, then lower it back to the starting position and repeat.

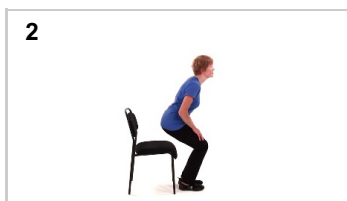
### Tip

Make sure to keep your back straight during the exercise.

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## Sit to Stand

REPS: 10	SETS: 3	DAILY: 2
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### Setup

Begin sitting upright with your feet flat on the ground underneath your knees.

### Movement

Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

### Tip

Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.

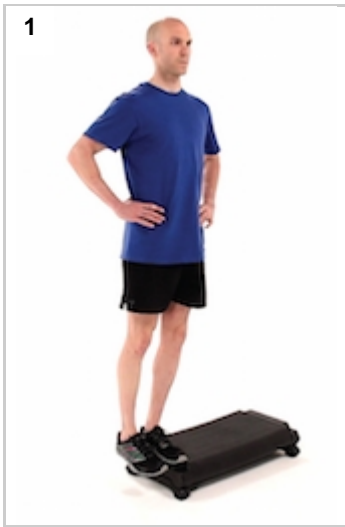
## Lateral Step Down

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### Setup

Begin by standing on a platform or step with one leg hanging off the edge.

### Movement

Maintaining an upright position, bend at your knee and hip, slowly lowering your foot to the ground, then return up to the starting position and repeat.

### Tip

Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.