

Clinician Notes

If no improvement in 4 weeks' time, please call and schedule a formal PT assessment.

Standing Gastroc Stretch

REPS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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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.

Supine Hamstring Stretch with Strap

REPS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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Use belt, dog leash or towel as strap

Setup

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

Movement

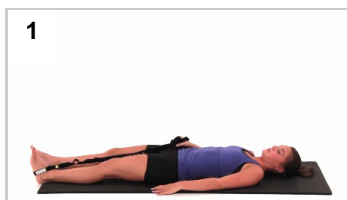
Use the strap to pull your leg up toward your body until you feel a gentle stretch in the back of your upper leg. Hold this position.

Tip

Make sure to keep your other leg straight on the ground during the stretch.

Supine ITB Stretch with Strap

REPS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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Use belt, dog leash or towel as your strap

Setup

Begin by lying on your back with your legs straight and a strap secured around one foot, holding the end in your opposite hand.

Movement

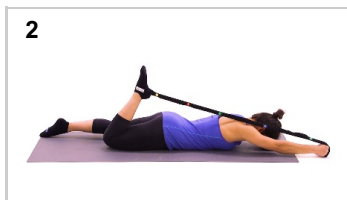
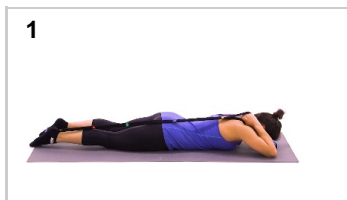
Pull on the strap to draw your leg diagonally across your body and hold, feeling a stretch on the outside of your leg.

Tip

Make sure to keep your shoulders and hips on the ground during the stretch.

Prone Quadriceps Stretch with Strap

SETS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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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.

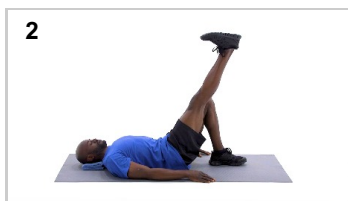
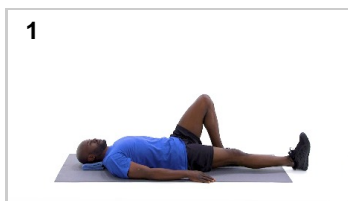
Supine Active Straight Leg Raise

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



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.

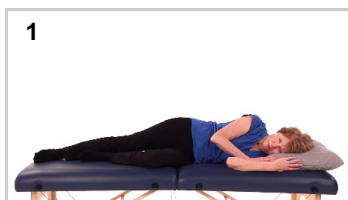
Sidelying Hip Abduction

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Start with 1 set of 10 then 2 sets of 10 then 3 sets of 10. If easy add 1-3# ankle weight.

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.

Supine Bridge

REPS: 10

HOLD: 5

DAILY: 1

WEEKLY: 7



Progress to 10 second hold 10 times then 20 second hold for 6 reps. Once bridge becomes easy, progress to Single leg bridge.

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.

Single Leg Bridge

REPS: 10

HOLD: 5

DAILY: 1

WEEKLY: 7



Progress to 10 second hold 10 reps.

Setup

Begin lying on your back with your knees bent and feet hip width apart.

Movement

Squeeze your stomach and buttock muscles and lift your bottom up into a bridge position. Keeping your bridge position, straighten your knee until it is fully extended. Return your foot to the starting position and repeat with the opposite leg.

Tip

Make sure to hold your bridge position and do not let your hip drop as you straighten your leg.

Clamshell with Resistance

REPS: 10

HOLD: 10

DAILY: 1

WEEKLY: 7



Setup

Begin by lying on your side with your knees bent 90 degrees, hips and shoulders stacked, and a resistance loop secured around your legs.

Movement

Raise your top knee away from the bottom one, then slowly return to the starting position.

Tip

Make sure not to roll your hips forward or backward during the exercise.

Step Up

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin standing with a small step or platform in front of you.

Movement

Step up onto the platform with one foot then follow with your other foot. Return back down to the starting position and repeat.

Tip

Make sure to maintain good posture during the exercise and do not let your knee bend forward past your toe as you step up.

Lateral Step Up

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with a step to your side.

Movement

Step up with the foot closest to the step, then follow with your other foot. Step back down in the opposite order and repeat.

Tip

Make sure to maintain your balance during the exercise and try to keep your hips level.

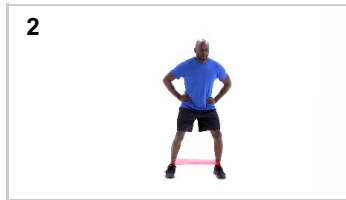
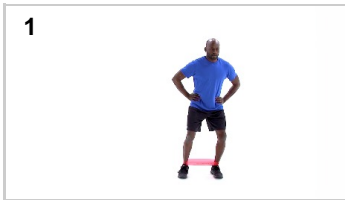
Side Stepping with Resistance at Ankles

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin standing upright with a resistance band looped around your ankles. Bend your knees slightly so you are in a mini squat position.

Movement

Slowly step sideways, maintaining tension in the band.

Tip

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

Sit to Stand

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



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.