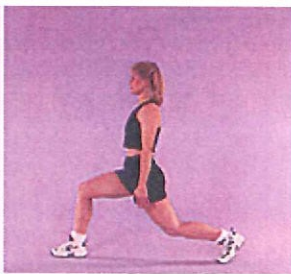
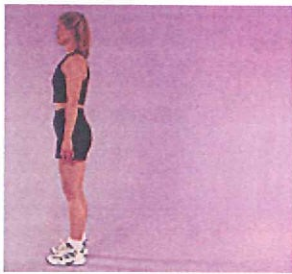


Forward Lunge

Stand tall maintaining readiness position.
Step forward with one foot (longer than a normal stride, heel/toe).
Keeping upper body upright, slowly lower body down until back knee almost touches the floor.
Front knee should not bend past 90°.
With control, return to starting position.

Sets:	3
Reps:	15-20
Weight:	
Hold:	10 sec
Rest:	30 sec
daily	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

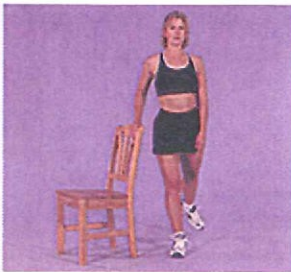
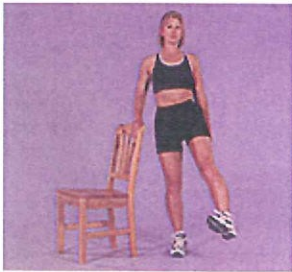


Backward Lunge

Stand tall maintaining readiness position.
Step backward with one foot (longer than normal stride).
Keep upper body upright, slowly lower body down until back knee almost touches the floor.
Front knee should not bend past 90°.
With control, step forward to return to starting position.

Sets:	3
Reps:	15-20
Weight:	
Hold:	10 sec
Rest:	30 sec
daily	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

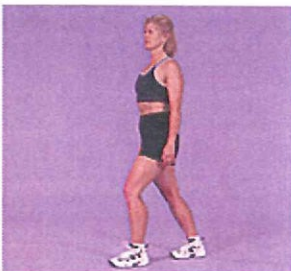


D2 Hip 'Snow Plow'

Standing supported, bring leg forward and away from midline with hip turned inward like a 'snow plow' (flexion, abduction and internal rotation). Slowly swing leg backward bringing the leg toward midline behind you, turning leg outward and pointing the ankle and toes similar to a ballet position (extension, adduction and external rotation). Go as far into each motion as you can. Starting at the end position, trace the movement

Sets:	3
Reps:	15-20
Weight:	
Hold:	10 sec
Rest:	30 sec
daily	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

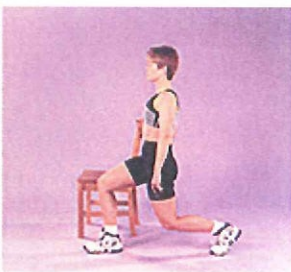
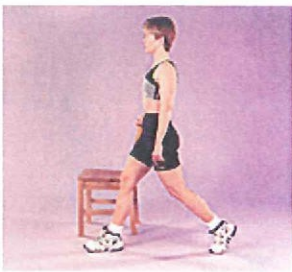


Step and Lean

Standing in a readiness position, take one step forward maintaining balance and postural alignment. Softly, and without propelling body, return to starting position and step with opposite foot.

Sets:	3
Reps:	15-20
Weight:	
Hold:	10 sec
Rest:	30 sec
daily	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

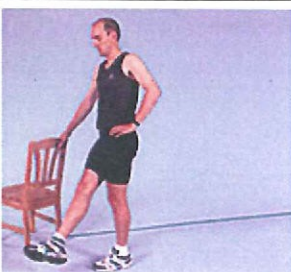
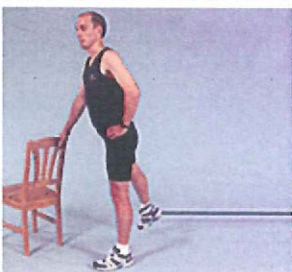


Static Lunges

Step forward, longer than a normal stride.
Lower body straight down until back knee almost touches floor, front knee should not bend past 90°.
Keep upper body tall, avoid leaning forward.
Lift up and repeat, maintaining the lunge stance.

Sets:	3
Reps:	15-20
Weight:	
Hold:	10 sec
Rest:	30 sec
daily	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

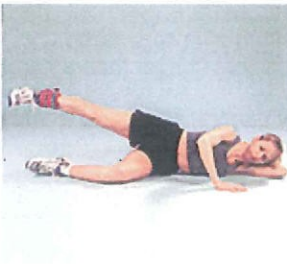


'Snow Plow'

Standing with tubing placed around one ankle with tubing coming from behind body. Start with the leg behind body at the midline with toes pointed. Slowly pull leg forward while bringing it out to the side and turning the foot into a snow plow position (flexion/abduction/int.rotation). Trace the movement back to start position and repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

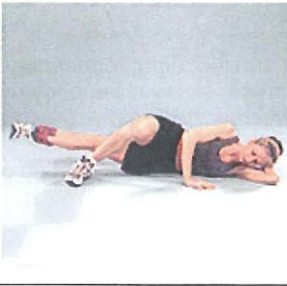
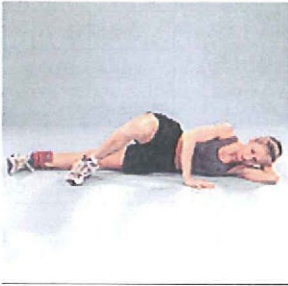


Hip Abduction - Side Lying

Lying on side with bottom knee bent and top leg straight with weight placed around ankle. With control, raise top leg up toward 45°, keeping leg in line with upper body and foot horizontal. Avoid hiking the hip or rotating the pelvis. Slowly lower and repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Adduction - Side Lying

Lying on side with top leg bent over bottom leg and bottom leg straight. With control, raise bottom leg up keeping foot horizontal and leg in line with upper body. Lower and repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31