

Stretch Gastroc uni standing

- Stand facing wall, hands on wall.
- Step forward with foot of uninvolvement leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Perform 1 set of 3 Repetitions,  
twice a day.

Hold exercise for 30 Seconds.

*online on website*  
- person is free Tuesday mornings

- Foam Roll  
o Black one

- Have doctor <sup>get fax</sup> call <sup>them</sup> to continue prescription

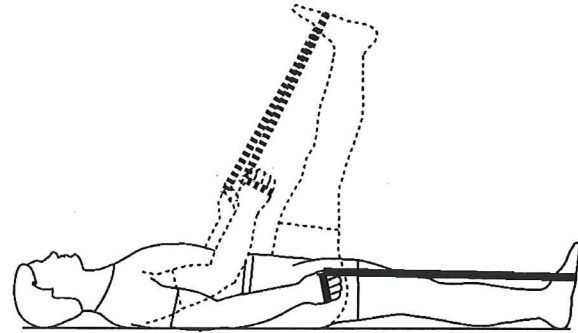
Stretch hamstrings supine w/towel

- Lie on back holding a towel looped under foot with knee straight, as shown.
- Gently pull leg up.
- Repeat with other leg.

Special Instructions:  
Maintain a straight knee.

Perform 1 set of 3 Repetitions,  
twice a day.

Hold exercise for 30 Seconds.



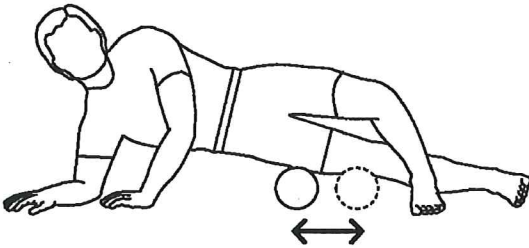
Stretch IT Band w/roll

- Lie on left side with top of thigh over foam roll.
- Push up onto left elbow and roll thigh down foam roll.
- Repeat on right side.

Special Instructions:  
Roll should move from hip to knee. Use other arm and leg for support as shown.

Perform 2 sets of 1 Minute,  
twice a day.

Use Foam Roll.  
Rest 30 Seconds between sets.



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Stretch Quads standing

*lower hip down pull buttocks in (like kicking in tail)*

- Stand on uninvolved leg, using table or chair for balance.
- Bend knee of involved leg.
- Grasp with hand and gently pull up toward buttocks.
- Hold and repeat.

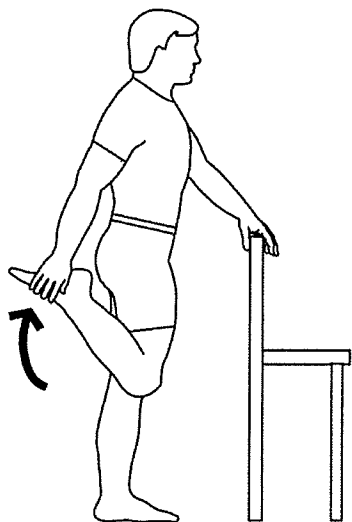
Special Instructions:

Keep thigh straight in line with body, do not bend at hip.

Perform 1 set of 3 Repetitions,  
twice a day.

Hold exercise for 30 Seconds.

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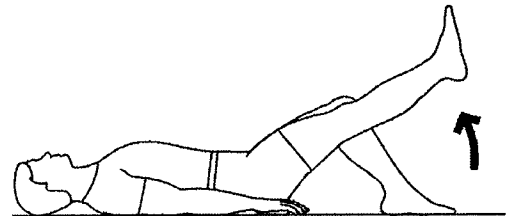
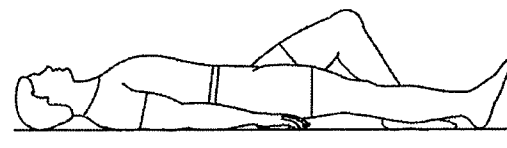


\*AROM hip flex (SLR) supine knee bent

- Lie on back with uninvolved knee bent as shown.
- Raise straight leg to thigh level of bent leg.
- Return to starting position.

Perform 2 sets of 20 Repetitions,  
once a day.

Perform 1 repetition every 4 Seconds.  
Hold exercise for 5 Seconds.  
Rest 1 Minute between sets.



AROM hip abd uni sidelying

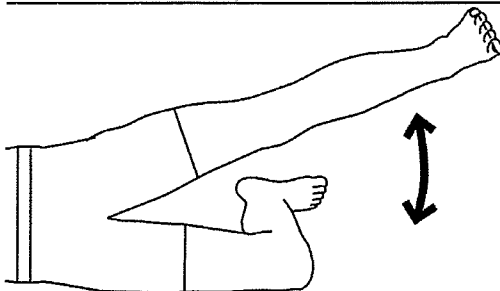
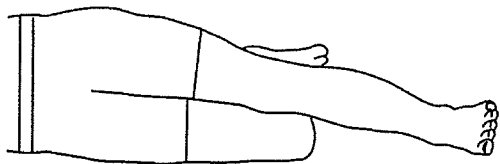
- Lie on uninvolved side, with lower knee bent for stability.
- Keep knee straight on involved leg, lifting leg upward.
- Return to start position and repeat.

Special Instructions:

Do not roll trunk forward or backward.

Perform 2 sets of 20 Repetitions,  
once a day.

Perform 1 repetition every 4 Seconds.  
Rest 1 Minute between sets.



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Newport Physical Therapy

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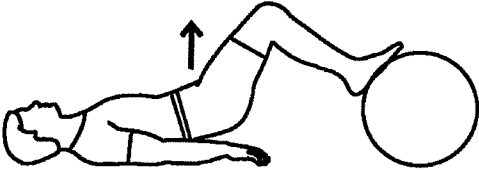
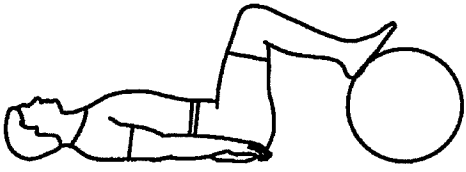
AROM lumbar bridging hamstring bil w/ball

- Lie on back.
- Place feet on ball.
- Lift buttocks off the floor.
- Lower and repeat.

*can be w/  
chair too*

Perform 2 sets of 20 Repetitions,  
once a day.

Perform 1 repetition every 4 Seconds.  
Use Ball.  
Rest 1 Minute between sets.



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