

Chicken Wing

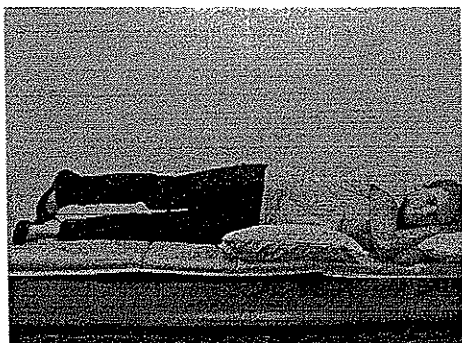
Exercise



- Lay on side with hips, shoulders and feet aligned in a straight line
- Bend knees to 90 degrees
- Roll hips and shoulders slightly forward
- Keeping ankles together, separate knees 8-12 inches
- Do not let pelvis roll backwards during knee lift, or let your lower back arch

Personal Notes:

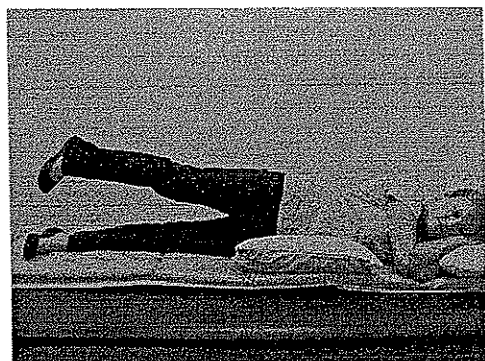
Sets: _____ Reps: _____ Frequency: _____



Side Lying Leg Raise

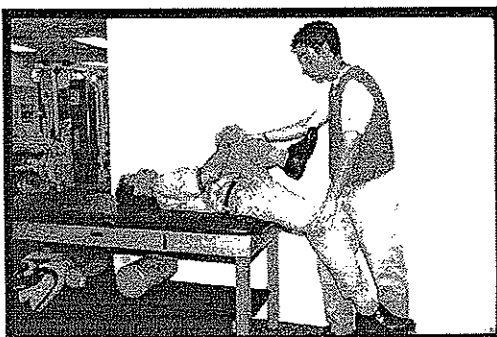
Exercise

- Lay on side with hips, shoulders and feet aligned in a straight line
- Roll hips and shoulders slightly forward
- Top leg is straight and slightly behind bottom leg
- Rotate top leg so the toe points down slightly
- Lift leg 8-12 inches heel first



Personal Notes:

Sets: _____ Reps: _____ Frequency: _____



Hip Flexor with Partner

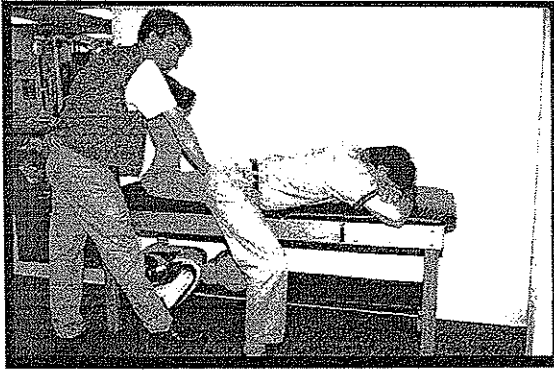
Stretch

- Lay on your back with your hips aligned with the edge of the table
- Hold one knee against your chest which keeps your spine flat on the table
- Your partner holds top of knee and pushes downward on thigh as shown
- For added stretch have partner push lower leg to add knee flexion



Personal Notes:

Duration: _____ Sets: _____ Frequency: _____



Prone Quad with Partner

Stretch

- Lay face down with one leg off the table in a forward position
- Keep the heel flat on the floor
- Your partner holds upper thigh and ankle
- Partner flexes knee by bringing the ankle toward buttocks
- Maintain pelvis position flat on table during stretch

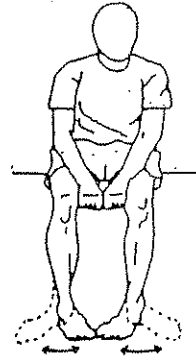
Personal Notes:

Duration: _____ Sets: _____ Frequency: _____

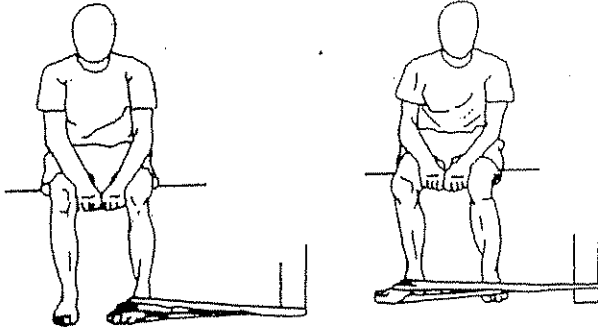
Windshield Wipers

Sit with knees bent to 90 degrees. Stabilize knees by placing fists between them. Pivot on heels and try to touch big toes together. Keep toes low to the floor.

Repeat _____



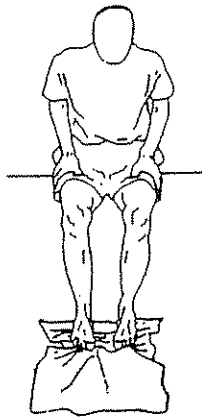
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Windshield Wipers with Theraband

Same position as above. Pull against theraband towards the inside with one foot. Change the band to the other foot and pull outwards. Turn around to face the other direction and do the same thing with both feet.

Repeat _____



Towel Curling

Use toes to gather a towel under arch and then extend toes and push towel back out.

Repeat _____

Calf and Soleus Stretch

Stand with one foot in front of the other. Keeping the back leg straight, lean into the wall until a stretch is felt. Hold the stretch _____ seconds. Change legs and repeat _____ times each leg.

Next using the same position, let the back leg bend without letting the heel come off the ground. Hold the stretch _____ seconds. Change legs and repeat _____ times each leg.

