

Notes from your Provider

This list of exercises includes BOTH parts A and B. Perform only one part per day. For example: Monday (Part-A), Tuesday (Part-B), Wednesday (off).

- A - stretching and mobility
- B - Strength and Coordination

STEP 1



Ankle Dorsiflexion Self-Mobilization

REPS: 10 | SETS: 3 |

Setup

- Begin in a standing position, affected foot on seat, band wrapped across front of ankle.

Movement

- Slowly lean forward over your foot, bending your ankle.

Tip

- Do not let your heel lift off the chair.

STEP 1



Invertabelt Pressups

REPS: 10 |

Clinician Notes:

Perform press-ups x10 reps in each of the following motions: (1) Bent LEFT; (2) Bent RIGHT; (3) Twist LEFT; (4) Twist RIGHT.

Setup

- Fasten Invertabelt to waste and adjust foot strap accordingly.

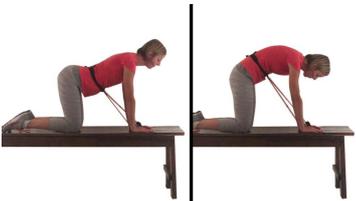
Movement

- (optional) Grasp handles
- Press up, using your arms only

Tip

- Keep legs and back muscles relaxed

STEP 1



Invertabelt Resisted Cat

REPS: 10 | HOLD: 5 |

Setup

- Hands-And-Knees "Tabletop" position
- With Invertabelt fastened at waist, grasp handles

Movement

- Slowly arch your back upward like a scared cat, dropping your head
- Return to start position, repeat.

STEP 1



Quadruped Knee Lift

HOLD: 5 | **REPS:** 10 |

Clinician Notes:

USE INVERTABELT FOR THIS EXERCISE... ---> 1st set as pictured; 2nd set knee to elbow.

Setup

- Position yourself on hands and knees on firm surface

Movement

- With spine neutral and ears aligned with shoulders, tighten your abdominals and lift your knee and hip straight up.

STEP 1



STEP 2



Side Plank with Clam and Resistance

REPS: 10 | **SETS:** 2 | **HOLD:** 2 |

Setup

- Begin lying on your side with your legs bent at a 90 degree angle, a resistance loop around your knees, and resting on your forearm.

Movement

- Tighten your abdominals and lift your hips off the floor into a kneeling side plank position. Lift your top knee, pulling against the resistance band. Hold briefly, then relax and repeat.

Tip

- Make sure your head, hips, and knees are in one straight line and your shoulder is directly over your elbow. Do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



Supine Hip Flexion with Resistance Loop

REPS: 10 | **SETS:** 2 | **HOLD:** 2 |

Setup

- Begin lying on your back with a resistance band looped around your feet.

Movement

- Tighten your abdominals, then slowly pull your knee toward your chest, pulling against the resistance band. Return to the starting position and repeat.

Tip

- Make sure to keep your hips level on the ground and do not arch your back during the exercise.

STEP 1



STEP 2



Single Leg Bridge with Leg Supported

REPS: 10 | SETS: 2 |

Setup

- Begin lying on your back with your knees bent, feet on the floor, and your elbows resting on the ground with your hands in fists on your hips, thumbs pointing up.

Movement

- Tighten your abdominals and slowly lift your hips off the floor into a bridge position. Hold this position and lift one leg off the ground, grasping it with your hands for support.

Tip

- Make sure to keep your abdominals tight and do not let your hips rotate to either side or drop.

STEP 1



STEP 2



Hip Abduction on Platform with Hands Behind Head

REPS: 10 | SETS: 2 | WEEKLY: 4x |

Clinician Notes:

----> perform with hands on hips (keep pelvis horizontal)

Setup

- Begin standing on a platform, balancing on one leg, with your other foot hanging off the edge.

Movement

- Extend that leg backward so your toes are in line with your other heel. Keeping your knee straight, slowly move your leg directly out to the side as far as you can while maintaining your balance, then return to the starting position and repeat.

Tip

- Make sure to keep your pelvis level and your back straight during the exercise.

STEP 1



STEP 2



Runner's Step Up/Down

REPS: 10 | SETS: 2 |

Setup

- Begin in a standing position with one foot resting on a platform or step in front of your body.

Movement

- Slowly step up, raising your knee to a 90 degree angle and moving your opposite arm at the same time. Then lower your foot to the ground 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.