

# Hip Flexor Stretches (Psoas, Iliacus, Quadriceps)



Step 1: Lunge, back knee rests on the floor.

Step 2: Place pad under knee for comfort or if you have knee problems

Step 3: Place hands on a chair or ball for support

Slowly lean forward. Keep upper body upright

Exhale, lift the back knee off the floor; hold for 2 seconds

Step 4: Lower the knee back to the floor

Step 5: Repeat stretch 2-3 times



# Hip Stretch



## Hip Flexor Stretches with Ball (Psoas, Iliacus, Quadriceps)

Step 1: Lunge, back knee rests on the floor.

Step 2: Place pad under knee for comfort or if you have knee problems

Step 3: Place hands on a chair or ball for support

Step 4: Slowly lean forward. Keep upper body upright

1. Exhale, lift the back knee off the floor; hold for 2  
2. seconds

Step 5: Lower the knee back to the floor

Step 7: Repeat stretch 2-3 times



## Leg/Hip Stretch



### Quadriceps Stretches

- Step 1: Lie face down; knee to be stretched is bent; rolled towel behind this knee
- Step 2: Reach back and grasp the ankle
- Step 3: M.E.T. Push your ankle against your hand as you provide light resistance; hold 2-3 seconds.
- Step 4: Return to stretch
- Step 5: Repeat 3-5 times

## Leg/Hip Stretch



### Quadriceps Stretch w/ Rope

- Step 1: Lie face down, knee bent; roll towel behind knee
- Step 2: Loop a stretch rope around this ankle, over your back and hold in hand
- Step 3: M.E.T. Push ankle straight back into rope as you provide your own gently resistance; hold 3 seconds
- Step 4: Release, return to stretch
- Step 5: Repeat 2-3 times

## Hip Stretch



### Quadriceps Stretch Standing

- Step 1: Stand with one knee bent, hold that leg at the ankle
- Step 2: M.E.T. Push that ankle into your hand , hold for 3 sec.
- Step 3: Relax, w/o letting go of your leg, return to stretch.
- Step 4: Repeat 3 times

## Back/Hip Stretch



### Quadratus Lumborum (Q.L.) Erector Spinae Stretch over the ball

Step 1: Lie on side over ball, one hand on floor for support

Step 2: Keep hips square, legs straight

1. Stretch other arm overhead for 2 seconds

Step 3: Repeat stretch 2-3 times

Muscle Energy Technique(M.E.T.): On the side that you are stretching gently pull your shoulder and hip toward each other, hold for 3 seconds and return to stretch.

## Back/Hip Stretch



### Q.L. / Erector Spinae Stretch

Step 1: Stand lift both arms overhead; arm on side to be stretched is straight

Step 2: Bend other arm, grasp straight arm just above elbow

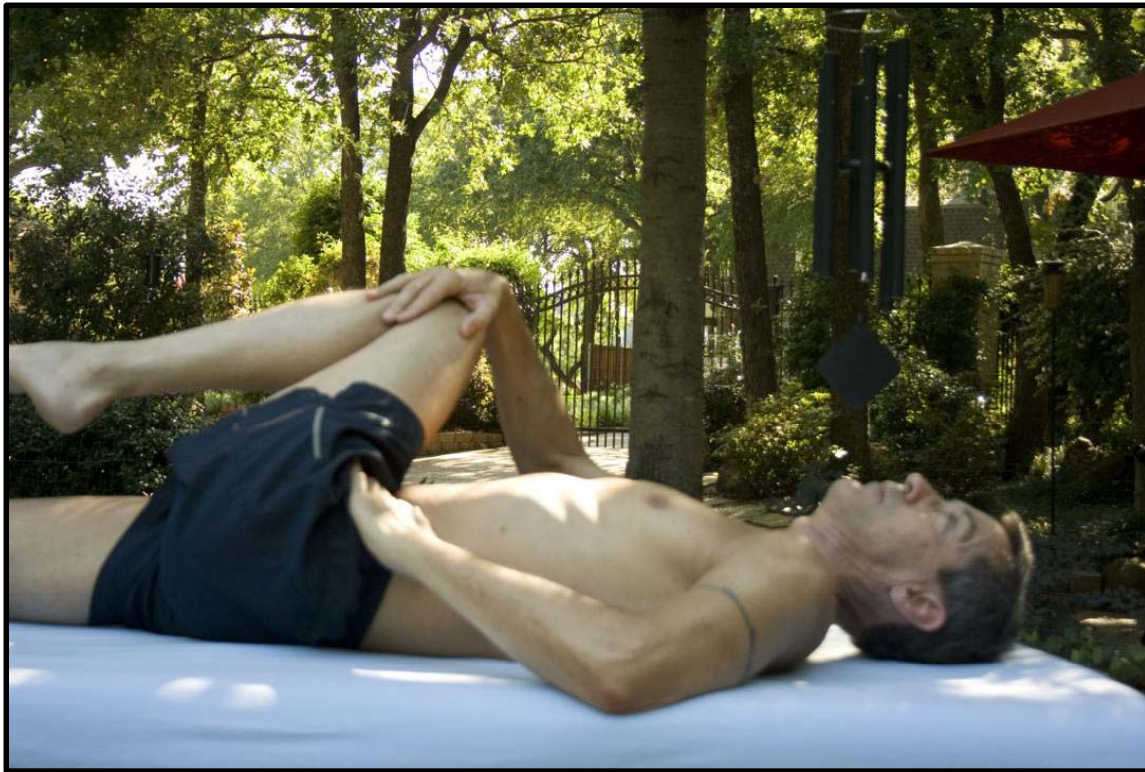
Step 3: Lift straight arm up, turn 45° toward that side

Step 4: Bend sideways to opposite side for 2 seconds.

Step 5: Repeat stretch 2-3 times

1. Enhancement - If you don't feel a stretch then cross opposite leg in back of other leg.
2. Muscle Energy - Gently pull your hip toward your shoulder, hold for 3 seconds and release and stretch.

## Hip Stretch



### Gluteus Maximus Stretch

- Step 1: Lie face up with hip and knee bent at 90°
- Step 2: Turn thigh inward
- Step 3: Place one hand outside of leg to stabilize hip
- Step 4: Bring knee towards the opposite shoulder
- Step 5: M.E.T. Gently push knee into hand, hold 3 sec
- Step 6: Relax, return to stretch
- Step 7: Repeat 3 times



# Hip Stretches



## Lateral Hip Rotators Stretch

1. Sit with legs straight
2. Place your hands above the knee to be stretched
3. Turn your thigh inward (medial rotation)
4. Assist gently with your hands for 2 seconds
5. Repeat stretch 2-3 times
6. Move leg to be stretched away from the other leg (6")
7. repeat steps #2-5
8. M.E.T. - Turn thigh outward, against resistance of hands for 10 seconds
9. Relax and stretch inward

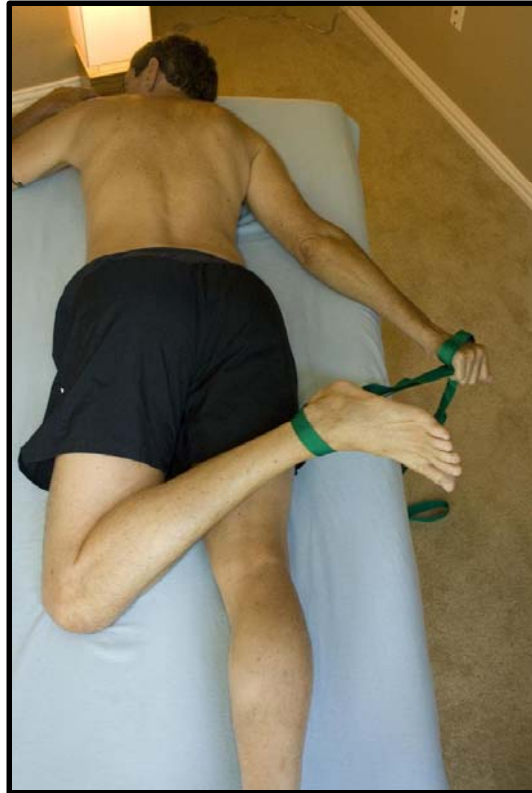
# Hip Stretch



## Tensor Fascia Latae (T.F.L.)/ Vastus Lateralis Stretch

- Step 1: Lie face up, one leg straight, involved leg stretched over opposite leg
- Step 2: Turn leg inward; place your hand on your hip to stabilize
- Step 3: M.E.T. Pull leg into a comfortable stretch & then gently pull your leg toward the opposite side offering gentle resistance.
- Step 4: Release resistance and return to stretch
- Step 5: Repeat 2-3 times

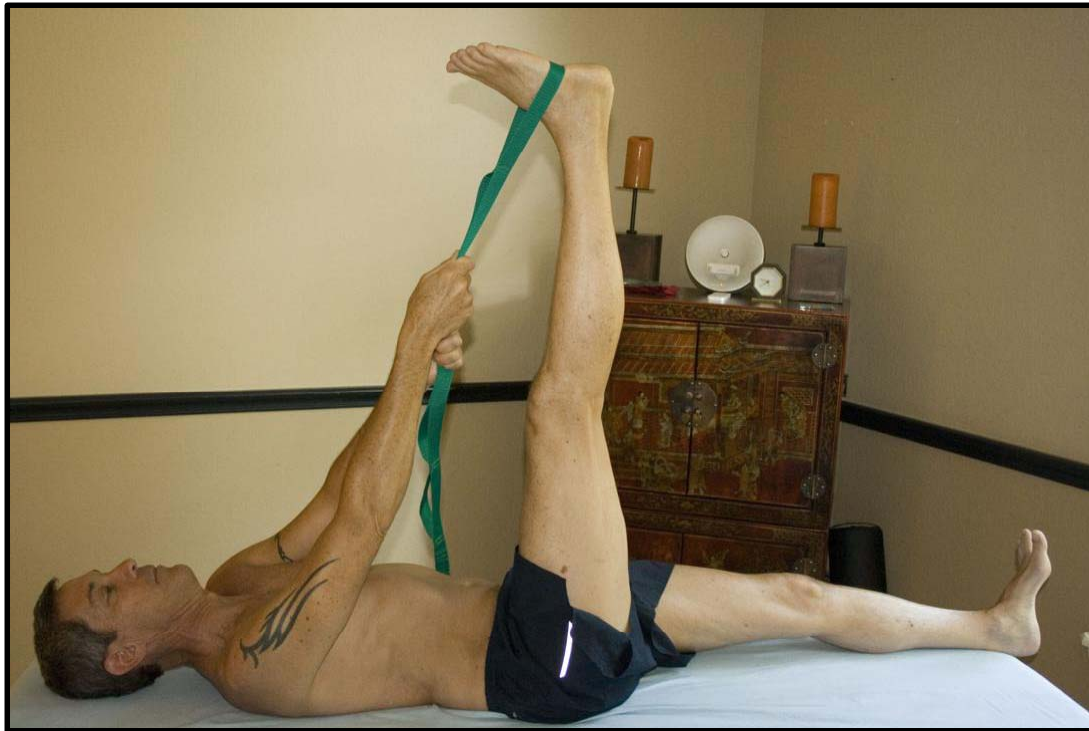
## Hip Stretches



### Medial Rotators Stretch

- Step 1: Face down, stretch rope around ankle, held in opposite side hand; arm is straight
- Step 2: Bend knee 90°, bring it toward other leg
- Step 3: M.E.T. Push ankle into rope as you resist with rope for 10 seconds
- Step 4: Relax, stretch leg toward other leg hold for 2 seconds
- Step 5: Repeat 2-3 times

## Hip/Leg/Knee Stretch



### Hamstring Stretch

- Step 1: Lie face up; leg extended to comfortable stretch
- Step 2: Stretch rope is around the arch of the foot; hold with straight arms
- Step 3: M.E.T. Lower leg toward floor against your own force for 3 seconds.
- Step 4: Relax, return to stretch
- Step 5: Repeat 3 times

# Hip/Leg/Knee Stretch

## Hamstring Stretch #2



Step 1:  
Stretch rope  
around arch of foot  
to be stretched;  
bend knee

Step 2: Hold stretch rope in hand; arm is straight

Step 3: Stabilize this thigh with other hand

Step 4: Exhale, straighten knee, while lifting up on stretch rope,  
for 3 seconds

Step 5: Repeat stretch  
3 times.



# Hip/Leg/Knee Stretch

## Hamstring Stretch (Medial)



Step 1: Stretch rope around ankle, strap ending up in inside (medial)

Step 2: Hold stretch rope in hand; arm is straight, stabilize thigh with hand

Step 3; Exhale, straighten knee, while lifting up on stretch rope, for 2 seconds

Step 4: Repeat stretch 3 times



# Hip/Leg/Knee Stretch

## Hamstrings Stretch #2 (Lateral Distal):



Step 1: Stretch rope around ankle, strap ending on the outside

Step 2: Hold stretch rope in hand; arm is straight, stabilize this thigh with hand

Step 3: Exhale, straighten knee, while lifting up on stretch rope, for 2 seconds

Step 4: Repeat stretch 2-3 times



## Hip/Leg/Knee Stretch



### Seated Adductor Stretch

- Step 1: Sit on the floor in the lotus position – knees bent, feet together with the soles touching
- Step 2: Bring the heels of the feet as close as possible to the buttocks
- Step:3: Grasp the feet or just above the ankles with elbows spreading sideways and touching the legs just below the knees.
- Step 4: Bend the trunk over toward the feet, and press the lower part of the thighs and knees down with the elbows while stretching.

Stretches: Gracilis, Adductors, Pectineus, Sartorius, Low Erector Spinae, Lower Lats



# Hip/Leg/Knee Stretch



## **Standing Bent Knee – Hip Adductor Stretch**

Step 1: Stand upright with the legs more than shoulder- width apart and the feet flat

Step 2: Lower the body (hips) to a half- squatting position, bending the right knee and sliding the left foot outward to the left to keep the left knee straight.

Step 3: While going down, place the hands on the top of the right knee for support and balance ( or hold on to an object for balance).



Keep the trunk as straight as possible. To increase the stretch, bend the trunk to the right and press the right thigh down with both hands at the same time.

Step 4: Repeat on opposite side

# Lower Leg Stretches



## Gastrocnemius Stretch

1. Step 1: Sit; left leg straight; stretch rope around ball of foot, held in hands
- 2.
3. Step 2: Bring toes toward body
4. Step 3: M.E.T. Point toes against resistance of your stretch rope; hold 3 seconds
- 5.
6. Step 4: Relax, bring toes toward your body to a comfortable stretch
- 7.
8. Step 5: Repeat 3 times

# Lower Leg Stretches

## Tibialis Posterior : Stretch w/o Stretch Rope



Step 1: Sit; knee of leg to be stretched bent 90 °, Place hands around ball of foot

Step 2: Turn bottom of foot down toward floor against resistance of hands; 20% force, for 10 seconds

Step 3. Exhale; turn bottom of foot away from body; 2 seconds, assist with hands

Step 4. Repeat stretch 2-3 times

## Tibialis Posterior Stretches



Step 1: Sit, knee bent 90°; stretch rope around ball of foot, held in hands

Step 2: Turn bottom of foot toward your other leg against resistance of rope at 20% force, for 10 seconds

Step 3: Exhale; turn bottom of foot away from body; 2 seconds, assist with rope

Step 4: Repeat stretch 2-3 times

# Lower Leg Stretches

## Soleus Stretch without Rope



- Step 1: Sitting up, knee of leg to be stretched bent 90° hands on ball of that foot
- Step 2: Bring toes toward your body

- Step 3: Point toes away from you against the resistance of hands; 10 seconds, 20% force
- Step 4: Exhale; bring toes toward your body
- Step 5: Assist by gently pulling toes with hands for 2 seconds
- Step 6: Repeat stretch 2-3 times

## Soleus Stretch with Rope

- Step 1: Sit; knee or leg to be bent at 90°
- Step 2: Bring toes toward your body
- Step 3: M.E.T. Point toes away from your body using the gently resistance from the band



- Step 4: Release resistance and return to stretch
- Step 5: Repeat 3 times

# Core Mobility Stretches

## Back Extension Stretch



Step 1: Sit on the ball, feet apart

Step 2: Slowly walk feet out while ball rolls under back

Step 3: Slowly lean back, reach arms overhead and hold for 10 seconds

Step 4: Keep head in neutral position

Step 5: Slowly return to sitting on ball

Step 6: Repeat stretch 2-3 Times

## Quadratus Lumborum Erector Spinae Stretch

Step 1: Lie on side over ball, one hand on floor for support

Step 2: Keep hips square, leg straight

Step 3: Stretch other arm overhead for 10 seconds

Step 4: Repeat stretch 2-3 times



# Core Strengthening Stretches



Step 1: Sit, legs straight

Step 2: Loop middle of Thera-Band around balls of feet, held in hands

Step 3: Keep elbows bent, back straight

Step 4: Slowly lean back, hold for 2 seconds

Step 5: Keep head in neutral position, aligned with spine

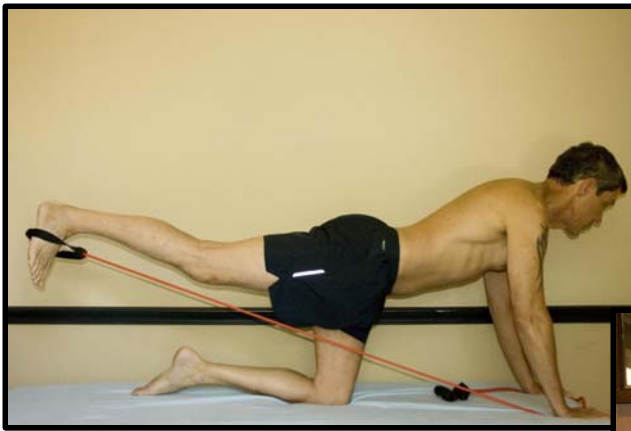
Step 6: Slowly return to beginning position

Step 7: Repeat exercise 8-12 times

# Core Strengthening Stretches

## Gluteus Maximus & Upper Hamstrings

### Without Ball

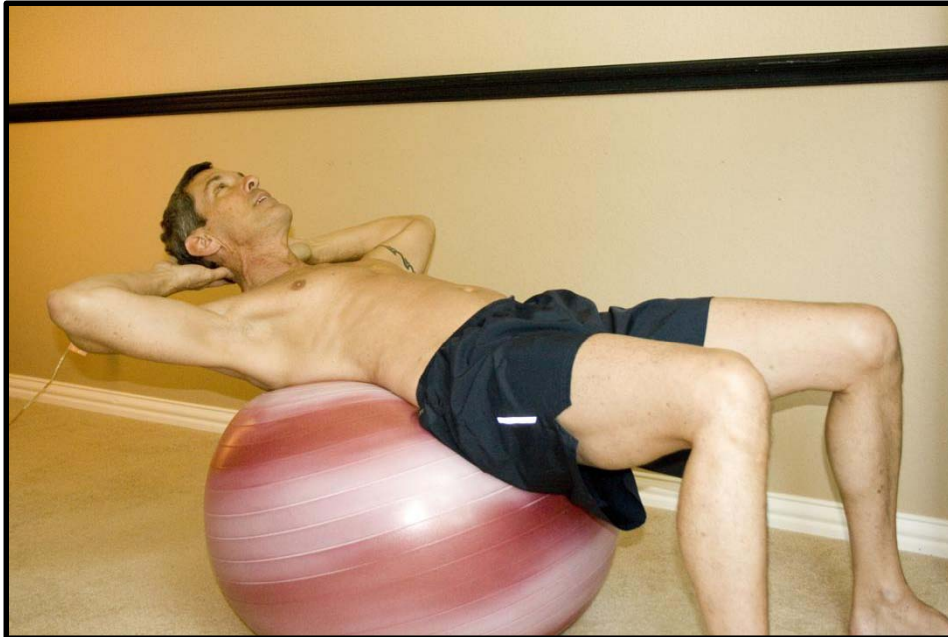


### With Ball



- Step 1: On hands and knees loop middle of Thera-Band around ball of feet, hold in hands
- Step 2: Slowly move leg backward until straight and parallel with floor, hold 2 seconds
- Step 3: Slowly return to beginning position
- Step 4: Keep back straight, keep head in neutral position, aligned with spine
- Step 5: Repeat exercise 8-12 times

# Core Strengthening



## Abdominal Curl

- Step 1: Sit on the ball, feet hip width apart
- Step 2: Slowly walk feet out while ball rolls under back
- Step 3: Place hands behind neck, knees bent
- Step 4: Slowly curl up lifting shoulders off ball, keeping neck neutral, hold 2 seconds
- Step 5: Slowly return to beginning position
- Step 6: Repeat exercise 8-12 times



# Core Strengthening

## Bridge #1- arms flat on the floor



## Bridge #2- Arms up



## Gluteus Maximus/Upper hamstrings

- Step 1: Lie on back with lower legs and feet on the ball
- Step 2: Slowly lift hips and arms off floor, hold 2 seconds
- Step 3: Keep back and legs straight- contract gluteus muscles
- Step 4: Slowly return to beginning position
- Step 5: Repeat exercise 8-12 times

# Core Strengthening



## The Bird Dog

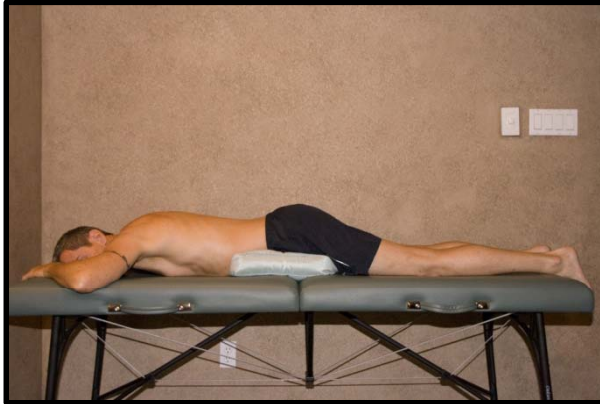
Floor exercise for strengthening the "posterior core" in general -- the muscular region that includes the abdominals, lower back, butt and thighs

- Step 1: Kneel on the floor with hands firmly placed about shoulder width apart.
- Step 2: Brace the abdominals, and at first, practice lifting one hand and the opposite knee just off the floor while balancing on the other hand and knee. Lift to a comfortable level until balance is reached.
- Step 3: When you're ready to do the complete exercise, point the arm out straight in front and extend the opposite leg to the rear (see above images).
- Step 4: Hold for 10 seconds and return to hands and knees in ground position.
- Step 5: Repeat 5 times on alternate hands and knees -- 10 repetitions in all. Add additional sets of 10 exercises up to 3 sets of 10

# Back Stretch

## McKenzie Extension Protocol

- This 7 step process is designed to relieve radiating pain in the buttocks and legs. Don't do this if you have any sharp pain



Step 1: Lie on stomach for 5-20 minutes. If lying flat increases radiating symptoms, place a pillow under your hips and under ankles



Step 2: Lie on your stomach and prop up on elbows or use 1-2 pillows. Stay in this position 5-10 minutes. If radiating symptoms increase, return to exercise #1



Step 3: Lie on your stomach, place your hands under your shoulders and press up with your arms leaving your hips down on floor. Raise as high as possible without feeling a “pinch” in the low back.:

- For complete instructions read “Treat your Own Back” by Robin McKenzie

# Back Stretch

## McKenzie Extension Protocol page 2



Step 4: Lie on your stomach, shift your hips away from the side of radiating symptoms by lifting your hips up and over, leaving shoulders on floor. Stomach lying, prop on elbows and press up can be done with hips shifted.



Step 5: Standing extension. If you are unable to do exercises in lying position. Place hands on hips and band backwards with knees straight as far as possible without feeling a “pinch” in the low back.

# Back Stretch

## McKenzie Extension Protocol page 3



Step 6: Lie on back and pull both thighs towards chest with arms.

## Back/Hip



### Erector Spinae & Gluteus Stretch

Step 1: Lie on back and bend knee

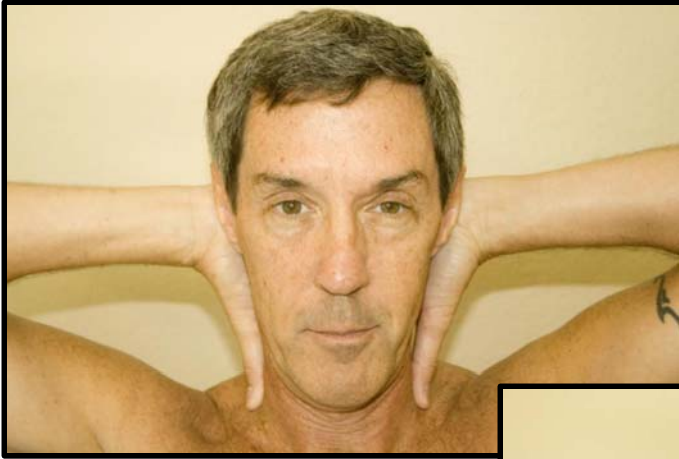
Step 2: Place hand on bent knee to assist stretch

Step 3: Push down on knee until you feel a comfortable stretch

**Note: Try and keep opposite shoulder flat on the floor with arm out and palm up**

Step 4: Repeat on opposite side

## Neck Stretches



### Neck Decompression Stretch

- Step 1: Place hands behind head; low on the neck, elbows bent
- Step 2: Exhale; gently lift up on head and tuck chin back gently
- Step 3: Hold for 7 to 10 seconds
- Step 4: Repeat 2-3 times.

## Neck Stretch & Chin Tuck



### Posterior Cervicals

- Step 1: Keep head in neutral position
- Step 2: Place finger pads on the tip of your chin
- Step 3: Tuck chin back and press/hold for 3 seconds
- Step 4: Slowly release
- Step 5: Repeat 8-12 times



## Neck Stretch



### Upper Trapezius

- Step 1: Place hand under your butt with palm up to anchor your shoulder
- Step 2: Place opposite hand on top of your hand and bring your ear down toward your shoulder until you feel a gentle stretch.
- Step 3: M.E.T. Slightly push your head into your hand as you provide gentle resistance.
- Step 4: Exhale, and stretch to your next end R.O.M. (Range of Motion)

## Neck Stretch with Muscle Energy Techniques Step #2



- Step 1: Place hand under your butt with palm up to anchor your shoulder
- Step 2: Place opposite hand on side on your chin and turn (rotation) your head toward shoulder until you feel a gentle stretch.
- Step 3: M.E.T. Slightly push your chin into your hand as you provide gentle resistance.
- Step 4: Exhale, and stretch to your next end ROM (Range of Motion)

**Note: Keep your shoulder square and don't rotate your torso.**

# Neck Stretches



## Anterior Scalene and Sternocleidomastoid (S.C.M.) Stretch

Step 1: Lower left shoulder; turn the head 45° to left

Step 2: Place fingertips of right hand on forehead

Step 3: Exhale; gently drop head back toward opposite side

Step 4: Assist stretch with right hand for 2 seconds

1. **Do not perform this stretch if it makes you dizzy, disoriented, or nauseous**

Step 5: Repeat on Right side

## Neck Stretches



### Levator Scapula & Posterior Scalene Stretch

- Step 1: Lower left shoulder; place right hand on top of head on the left side
- Step 2: Turn head 45° to the right
- Step 3: Exhale; bend neck forward; assist gently with right hand for 2 seconds
- Step 4: Repeat 2-3 times
- Step 5: Repeat on right side if indicated

## Self Care Sternocleidomastoid (S.C.M.)



- Step 1: Place thumb and fingers on the front and back of the S.C.M.
- Step 2: Gently squeeze muscle
- Step 3: Slowly look up as you squeeze and stretch muscle
- Step 4: Repeat on the opposite side



This is a great self care stretch to relieve a “crick” in the neck and pain or pressure behind the eyes or in temporal area

## Self Care Scalene Attachments



- Step 1: Place pads of finger tips slightly above your collar bone and gently compress.
- Step 2: Friction any tender areas.
- Step 3: Hold pressure and tilt head back and up toward ceiling until you feel comfortable stretch
- Step 4: Repeat on the opposite side

Stretch is great for relieving head, neck, jaw pain  
Essential stretch for anyone diagnosed with T.M.J.,  
Whiplash, Thoracic Outlet Syndrome

## Self Care T.M.J. Stretch



Step 1: Place wrist bone on pinky side or pads of fingers in your T.M. Joint

Step 2: Gently compress until you feel a slight discomfort



Step 3: Slowly open mouth as you stretch T.M. Joint downward

Step 4: Repeat 2-3 times until tender points have decreased

**This is essential for anyone who grinds their teeth or has been diagnosed with T.M.D. or T.M.J.D.**

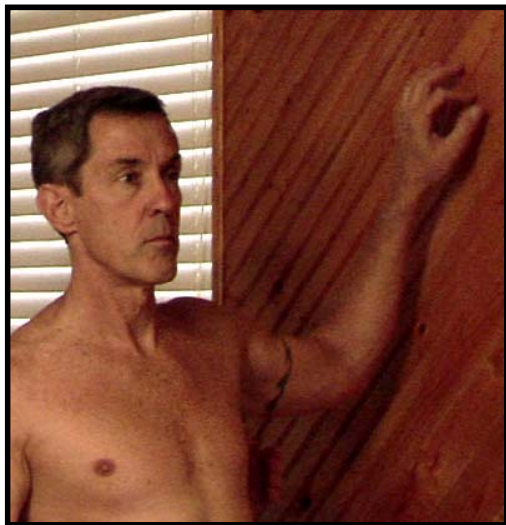
# Homecare



## Pendulum Exercises for Shoulder

Bend at the waist so your arm is dangling down. You may want to hold onto a table or chair for support. **Move your arm in circular motion** Reverse. Do this 5 times in each direction.

Note: This is indicated for clients with symptoms of bursitis.



## Wall Walk for Joint Capsule Adhesions

**Step 1:** Stand w/ shoulder 2 ft from wall.

**Step 2:** Raise arm to shoulder level & walk your fingers up the wall as high as you can

**Step 3:** Hold for a few seconds and walk down the wall

**Step 4:** Move closer to wall - Repeat 3X

**Step 5:** Build up each stretch for 30 seconds.

\*\*\*\*Sharp pain= STOP



## Shoulder Stretch



## Pectoralis Major Stretch

- Step 1: Stand w/ palms together, arms straight out in front of body
- Step 2: Exhale, bring arms backward (squeeze scapula together), hold for 2 seconds
- Step 3: Bring arms forward, take a breath, raise arms up 20°
- Step 4: Exhale, bring arms back, hold for 2 seconds
- Step 5: Bring arms forward, raise arms up another 20 °, repeat stretch 2 seconds
- Step 6: Repeat entire sequence 2-3 times.

# Shoulder Stretch

## Pectoralis Stretch #2



Step 1: Raise arm to 135°; keep head in neutral position

Step 2: Push arm gently into doorjamb for 10 seconds

Step 3: Exhale, pull arm backward, take a step forward until you feel a nice stretch keep shoulders square

Step 4: Repeat 2-3 times

1. \* Repeat more often if you have a “slouched” posture or you work at a computer.

# Shoulder Stretching

## Subscapularis Stretch



Step 1: Stand; on arm bent 90 degrees, elbow tucked in at side

Step 2: Bring arm toward the midline against doorjamb/restricted barrier for 10 seconds

Step 3: Exhale; bring arm away from body, walk forward into door jamb

Step 4: Do not lean, keep shoulders square

Step 5: Repeat stretch 2-3 times

## Subscapularis Stretching w/ Rope

Step 1: Stand; arm bent 90°, elbow tucked in at side

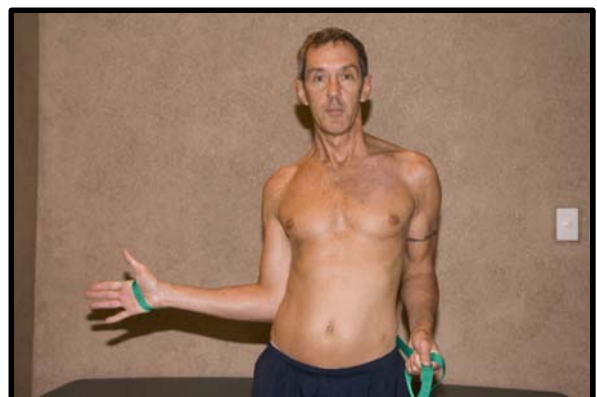
Step 2: Stretch rope in one hand; looped around back, over elbow to hand resting on hip

Step 3: Bring arm toward midline, use rope as resistance for 10 seconds

Step 4: Exhale; bring the arm backward, assist gently with stretch rope

Step 5: Keep shoulders square

Step 6: Repeat stretch 2-3 times



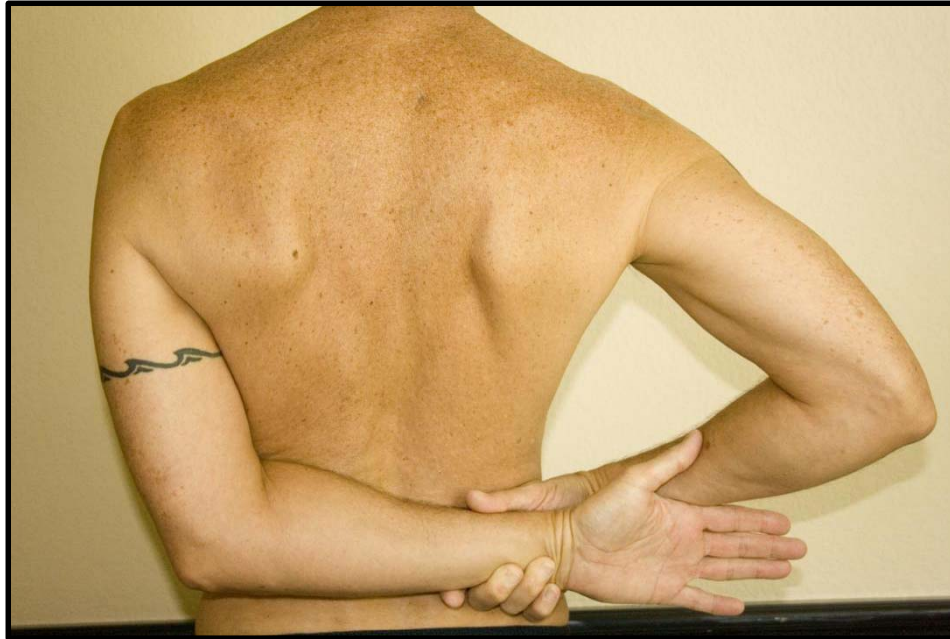
# Shoulder Stretching



## Shoulder & Bicep Stretches

- Step 1: Stand; one arm and wrist straight; palm facing forward
- Step 2: Find a table or chair at fingertip height
- Step 3: Walk forward into the table/chair until fingertips touch
- Step 4: M.E.T. Push arm forward for 10 seconds against the table/chair
- Step 5: Exhale; move arm backward, gently stepping forward into table for 2 seconds
- Step 6: Repeat stretch 2-3 times.

## Shoulder Stretches



### Supraspinatus/Upper Trapezius Stretch

- Step 1: Place arm behind back, keep shoulders square
- Step 2: Grasp left wrist with right hand
- Step 3: While holding onto wrist pull left arm out for 10 seconds / against your own resistance
- Step 4: Exhale; relax and gently pull arm into a stretch
- Step 5: Repeat 2-3 times
- Step 6: Repeat on opposite side

# Forearm, Wrist & Hand Stretches



## Wrist Flexor Stretch

- Step 1: Put palm up and interlace fingers, arm in stretched out
- Step 2: Gently pull wrist out (traction), and pull wrist back to you feel comfortable stretch
- Step 3: Bring hand up against your own resistance 10 seconds
- Step 4: Exhale, stretch wrist back until you feel a comfortable stretch
- Step 5: Repeat 2-3 times

# Forearm, Wrist & Hand Stretches



## Wrist Pronator Stretch

Step 1: Elbow bent 90°, palm up elbow touching your body

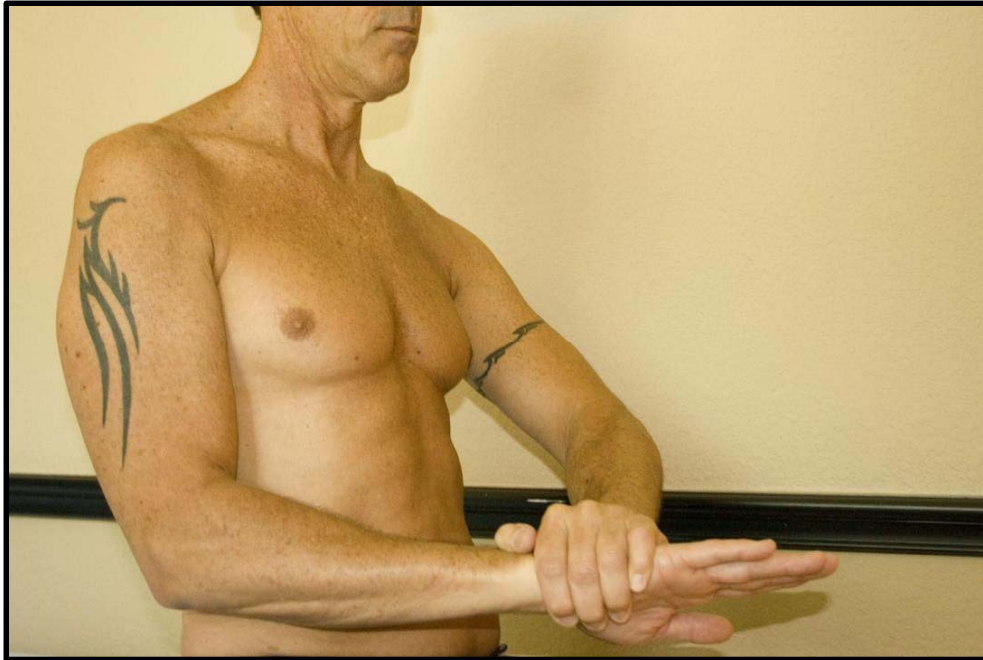
Step 2: Place palm of other hand on back of this hand; index finger between thumb

Step 3: M.E.T. Turn palm down for 10 seconds, against your own resistance

Step 4: Exhale; turn palm up for 2 seconds, gently assist stretch

Step 5: Repeat stretch 2-3 times

# Forearm, Wrist & Hand Stretches



## Wrist Supinator Stretch

- Step 1: Elbow bent 90°, touching side; palm faces down
- Step 2: M.E.T. Grasp wrist, turn palm up against your own resistance for 10 seconds
- Step 3: Exhale; turn palm down for 2 seconds, gently assist stretch
- Step 4: Repeat stretch 2-3 times



## Forearm, Wrist & Hand Stretches



### Wrist Extensors Stretch

- Step 1: Arm and fingers are straight; palm faces down
- Step 2: Place thumb under wrist; four fingers are on the back of hand
- Step 3: M.E.T. Lift hand upward against your own resistance for 10 seconds
- Step 4: Exhale; bring hand downward for 2 seconds; curl in fingers, gently assist stretch

# Forearm, Wrist & Hand Stretches

## Wrist Radial Deviation Stretch



Step 1: Elbow is bent, arm at side, palm faces in

Step 2: Grasp wrists with opposite hand and pull against your own resistance

Step 3: bend hand up toward wrist against your own resistance for 10 seconds

Step 4; Exhale, bend wrist down toward the floor for 2 seconds, gently assist stretch

Step 5: Repeat stretch 2 to 3 times

## Wrist Ulnar Deviation Stretch

Step 1: Elbow is bent, arm at side, palm faces in

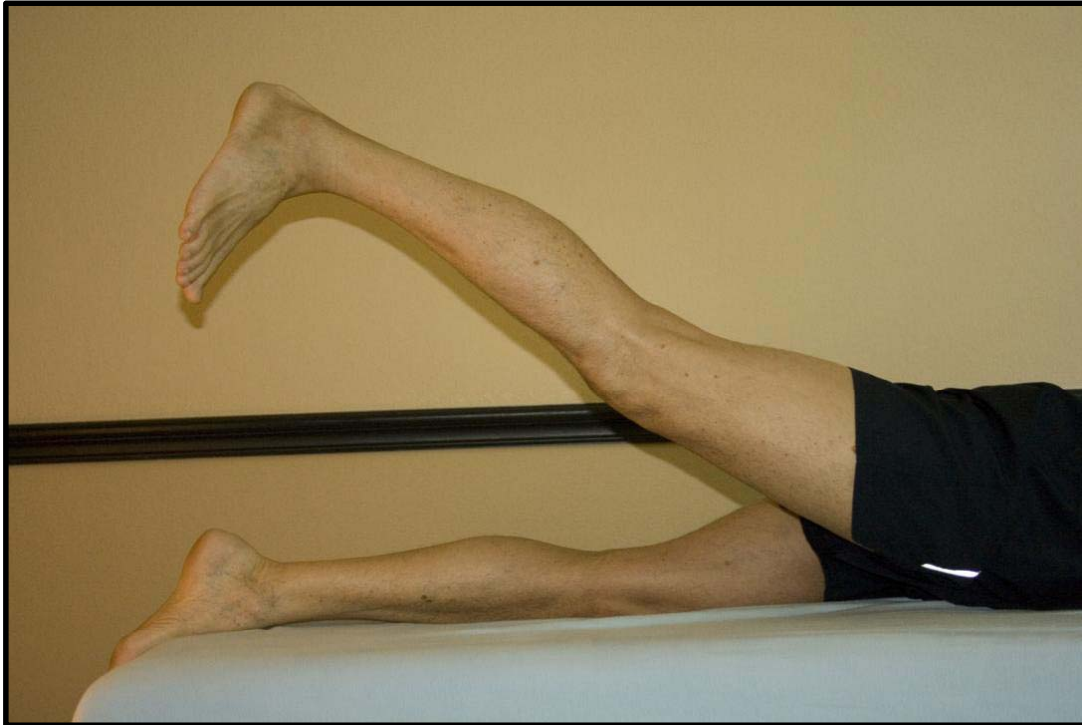
Step 2: bend hand up toward wrist against your own resistance for 10 seconds

Step 3: Exhale, bend wrist toward the floor for 2 seconds, gently assist stretch

Step 4: Repeat stretch 2-3 times



## Hip Strengthening



### Gluteus Maximus Strengthening Single Leg Raise

- Step 1: Lay flat on your stomach
- Step 2: Raise leg as far up as you can while keeping leg straight
- Step 3: Squeeze glut muscle and hold position for 3 seconds.
- Step 4: Relax and lower leg
- Step 5: Repeat alternating leg 10-12 times.

## Hip/Back Strengthening



### Q.L. / Erector Spinae #1

- Steps 1: Stand, hold Thera-Band, secured under foot (hold on opposite side to strengthen)
- Steps 2: Slowly bend away from side holding Thera-Band, hold for 3 seconds
- Steps 3: Slowly return to upright position
- Steps 4: Repeat 8-12 Times

## Hip/Back Strengthening



### Q.L. / Erector Spinae #2

- Steps 1: Stand, hold Thera-Band, secured under foot (hold on opposite side to strengthen)
- Steps 2: Raise your arm straight up overhead and then slowly bend away from the side holding the Thera-Band, hold for 3 seconds
- Steps 4: Slowly return to upright position
- Steps 5: Repeat exercise 8-12 times

# Hip Strengthening Exercises

## Lateral Hip Rotators



### Starting Position

1. Stand with Thera-Band looped around each foot, held in hands

### Left Lateral Hip Rotation



- Step 1: Slowly turn entire leg and foot outward, hold for 3 seconds
- Step 2: Keep hips square, back straight and abdominals tight
- Step 3: Slowly return to starting position
- Step 4: Repeat 8-12 times

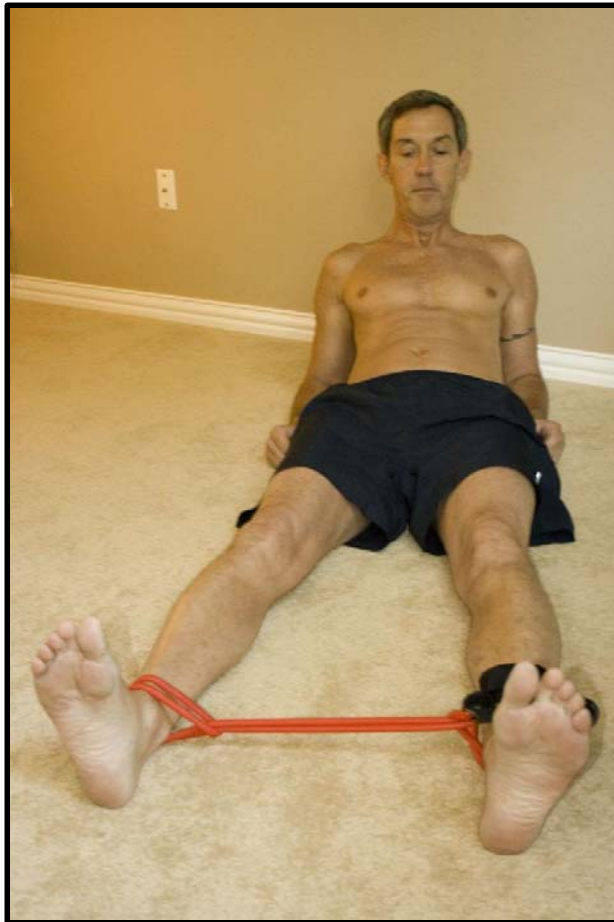
## Hip Strengthening Exercises Gluteus Medius Exercise #1 Starting Position



- Step 1: Stand with Thera-Band looped around each foot, held in hands
- Step 2: Slowly step to one side, and continue to step same side 8-12 times
- Step 3: Keep hips square
- Step 4: Repeat 8-12 times



# Hip Strengthening



## Hip Abduction Gluteus Medius exercise #2

- Step 1: Sit with legs close together, loop Thera-Band around ankles and tie
- Step 2: Lean back on elbows, keep leg straight, move legs apart, hold for 2 seconds
- Step 3: Slowly return to starting position
- Step 4: Repeat 8-12 times



# Lower Leg Strengthening Exercise



## Tibialis Anterior

- Step 1: Sit and loop Thera-Band around foot, secured under other foot, and held in hand
- Step 2: With foot flat on the floor, slowly bring foot upward toward body, hold for 2 seconds
- Step 3: Slowly return foot to floor
- Step 4: Perform exercise 8-12 times

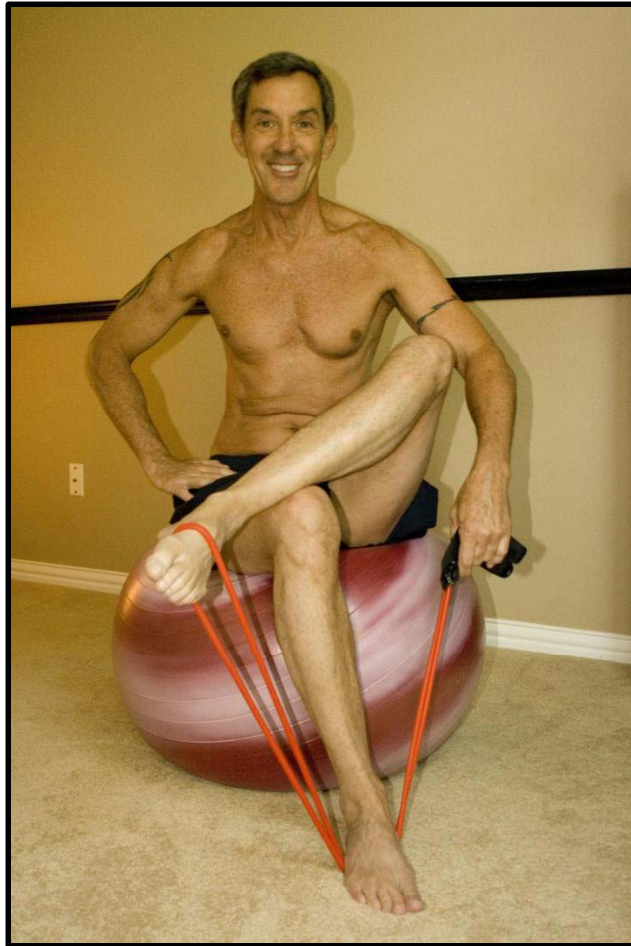
# Lower Leg Strengthening Exercise



## Peroneals Strengthening

- Step 1: Sit with legs straight
- Step 2: Loop Thera-Band around each foot, hold in hands
- Step 3: Turn bottom of feet slowly toward outside of body;  
pulling on band, hold 3 seconds
- Step 4: Slowly return them to neutral
- Step 5: Move feet farther apart if you don't feel a "burn"
- Step 6: Perform exercise 8-12 times.

## Lower Leg Strengthening Exercises



### Tibialis Posterior with Ball

- Step 1: Sit and cross bent leg over other leg
- Step 2: Loop Thera-Band around foot, secured under other foot, and held in hand
- Step 3: Slowly invert ankle, or point toes inward, hold for 3 seconds, slowly release back to neutral position
- Step 4: Perform 8-12 times

## Lower Leg Strengthening



### Tibialis Posterior Exercise #2

- Step 1: Sit on the floor with legs straight
- Step 2: Loop Thera-Band around foot, anchored under other foot and hold in hands
- Step 3: Slowly invert ankle, hold for 2 seconds, slowly release back to neutral position
- Step 4: Perform exercise 8-10 times

# Lower Leg Strengthening Exercise



## Tibialis Posterior Exercise #3

Step 1: Place towel on floor and stand over it.

Step 2: Flex or scrunch your toes to drag towel under foot, while inverting ankle.

Step 3: Perform exercise 8-12 times



# Knee Strengthening Exercise



## Vastus Medialis Exercise

- Step 1: Sit with Thera-Band tied around ankle, secured to a chair
- Step 2: Turn leg outward (lateral rotation) and bring toes toward body (Dorsiflexion)
- Step 3: Start with leg bent at 150-160°, stabilize the thigh in this position
- Step 4: Slowly straighten leg, hold for 2 seconds
- Step 5: Slowly return to beginning position
- Step 6: Repeat exercise 8-12 times

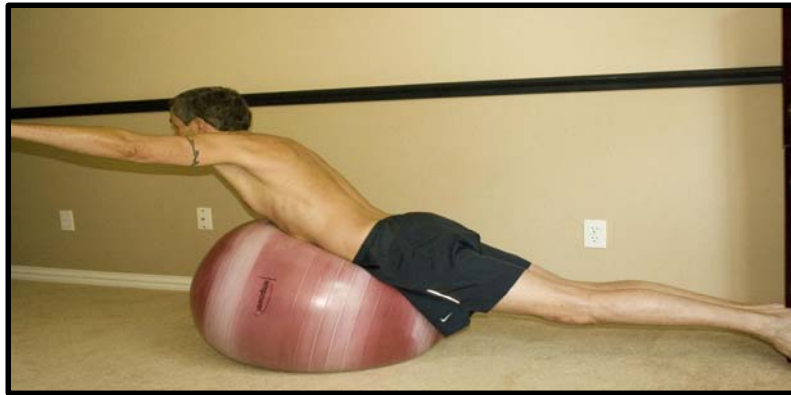
# Neck Strengthening



## Extension Exercises

- Step 1: Place Thera-Band around back of the head; hold ends in hands
- Step 2: Slowly press head backwards, while tucking the chin
- Step 3: Keep head in neutral position
- Step 4: Hold for 2 seconds, slowly release
- Step 5: Repeat exercise 8-12 times

## Neck Strengthening Exercises

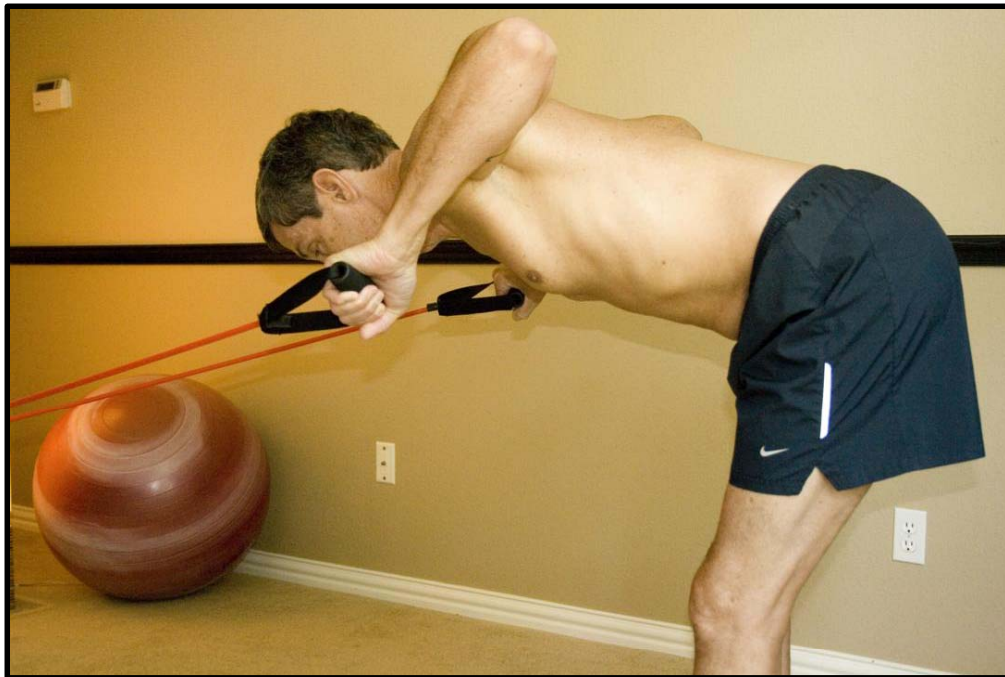


- Step 1: Lie on ball, hips/trunk supported, legs straight
- Step 2: Slowly lift upper body off ball, arms out to side, hold for 2 seconds
- Step 3: Keep head in neutral position, aligned with spine
- Step 4: Slowly return to beginning position
- Step 5: Repeat exercise 8-12 times

\* Strengthens upper/mid trapezius, rhomboids



# Shoulder/Back Strengthening Exercise Spinal Erectors, Rhomboids & Middle and Lower Trapezius



- Step 1: Secure Thera –Band on stationary object, hold ends in hands
- Step 2: Bend forward , arms out 90°, elbows bent
- Step 3: Keep arms in this position, slowly stand up straight
- Step 4: Bring elbows backward, squeeze scapula together, hold 2 seconds
- Step 5: Slowly return to starting position
- Step 6: Do not arch back, keep head in neutral position
- Step 7: Repeat 8-12 times

# Shoulder Strengthening Exercises

## Rhomboids/Middle Trapezius High Row Exercise #1

- Step 1: Sit on floor, Thera-Band looped around bottom of feet, held in hands
- Step 2: Arms shoulder height, elbows bent
- Step 3: Slowly draw elbows backward (bring scapula together), hold 2 seconds
- Step 4: Release slowly
- Step 5: Repeat 8-12 times



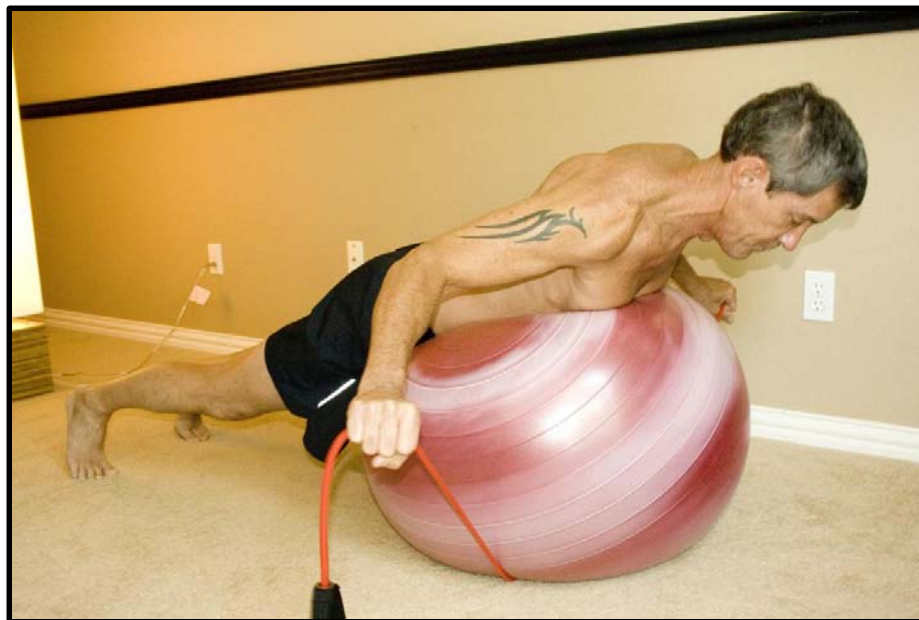
## Low Row Exercise #2

### Rhomboids/Middle Trapezius Exercise #2

- Step 1: Sit on floor, Thera-Band looped around bottom of feet, held in hands
- Step 2: Elbows bent, arms at side
- Step 3: Slowly draw elbows backward, bring scapula together, hold 2 seconds
- Step 4: Release slowly
- Step 5: Repeat 8-12 times



# Shoulder Strengthening



## Rhomboids & Deltoids Exercise #1

- Step 1: Lie on ball, back and legs straight, head in neutral position
- Step 2: Loop Thera-Band around bottom of ball, held in hands
- Step 3: Keep arms stretched out to the side, elbows slightly bent
- Step 4: Slowly squeeze scapula together, leading with elbows,  
hold 2 seconds
- Step 5: Release slowly.
- Step 6: Repeat exercise 8-12 times.

# Shoulder Strengthening



## Infraspinatus & Teres Minor Exercise Step 1

- Step 1: Stand; place small rolled towel between arm and body
- Step 2: Thera-Band is at about waist height, held with opposite hand, behind the back
- Step 3: Take your hand away from midline very slowly, hold 2 seconds
- Step 4: Slowly return to starting position
- Step 5: Repeat exercise 8-12 times

# Shoulder Strengthening Exercise Triceps



- Step 1: Hold Thera-Band in both hands, non-involved hand anchored on chest
- Step 2: Start with elbow bent, hands 8-10 inches apart
- Step 3: Slowly straighten arm, extending it back slightly behind body, hold 2 seconds
- Step 4: Slowly return to starting position
- Step 5: Repeat 8-12 times

# Strengthening Forearm, Wrist & Hand



## Extensor Strengthening

- Step 1: Sit, elbow bent, forearm on thigh, anchored with other hand
- Step 2: Thera-Band held in hand, other end secured under foot, slowly bend wrist back, toward ceiling hold 2 seconds
- Step 3: Slowly lower to neutral position
- Step 4: Repeat exercise 8-12 times

# Strengthening Forearm, Wrist & Hand

## Beginning Position



## Wrist Supination



## Supinator Strengthening

- Step 1: Wrap Thera-Band around both hands, elbows bent, hands shoulder width apart
- Step 2: Palms facing each other, slowly turn hands up until hands face ceiling, hold 2 seconds
- Step 3: Slowly return to starting position
- Step 4: Repeat exercise 8-12 times