

Stretch Quads prone w/towel

- Lie face down.
- Bend knee and loop towel around ankle.
- Gently pull towel to stretch muscle on front of thigh.

Perform 2 sets of 30 second(s), twice a day.

Use Towel.

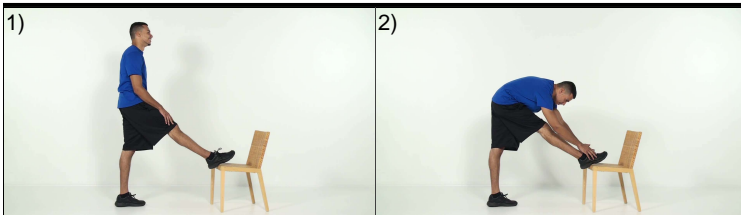
Stretch Quads stand/squat

- Stand on one leg.
- Bend other leg and place top of foot on chair as shown.
- Tighten abdominals to flatten back.
- Bend the knee of standing leg to stretch the opposite quadriceps.
- Straighten leg and repeat.
- Repeat stretch on other side.

Special Instructions:

Do not allow pelvic area to move forward.

Perform 2 sets of 30 second(s), twice a day.



Stretch hamstring uni stand

- Stand with heel propped on the surface of your choice, keep your knee straight, as shown.
- Gently and slowly lean forward at waist.
- Repeat with other leg.

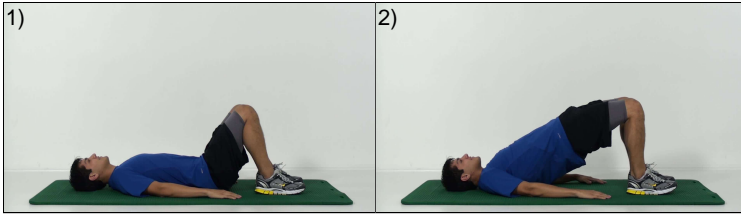
Special Instructions:

Keep the knee straight.

Perform 2 sets of 30 second(s), twice a day.

Issued By: Dr. Geoffrey Van Thiel

These exercises are to be used only under the direction of a licensed, qualified professional or after consulting your physician.



AROM lumbar bridging bil

- Lie on back with knees bent.
- Lift buttocks off floor.
- Return to start position.

Special Instructions:

Maintain neutral spine.

Perform 2 sets of 10 repetition(s), twice a day.

Rest 1 Minute between sets.

AROM hip abd uni sidelying

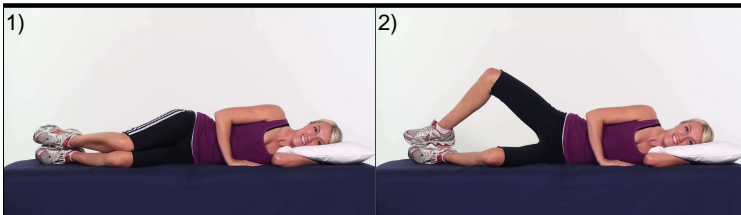
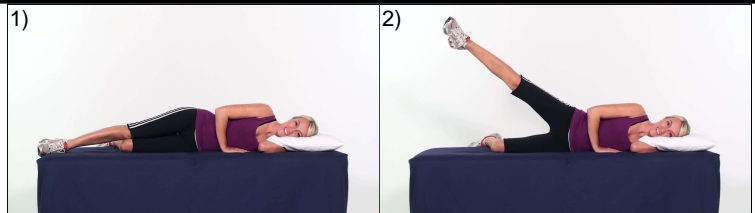
- Lie on uninvolved side, with lower knee bent for stability.
- Keep knee straight on involved leg, lifting leg upward.
- Return to start position and repeat.

Special Instructions:

Do not roll trunk forward or backward.

Perform 2 sets of 20 repetition(s), twice a day.

Rest 1 Minute between sets.



AROM hip ER/abd sidelying

- Lie on side with knees bent, feet together.
- Lift top knee upward.
- Lower and repeat.
- Repeat exercise lying on other side.

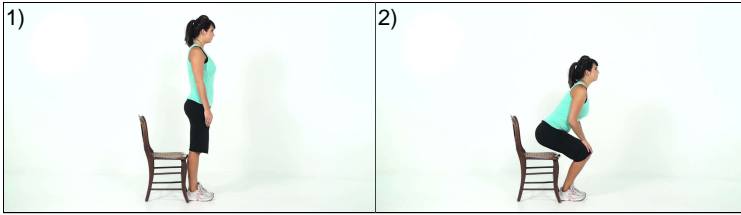
Perform 2 sets of 10 repetition(s), twice a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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AROM knee flx sit to stand

- Begin standing with chair behind you.
- Lean forward lightly as you bend the knees and lower buttock towards chair as if attempting to sit.
- Before you touch chair, stand back up to full upright position.
- Repeat.

Perform 3 sets of 15 minute(s), twice a day.

Rest 1 Minute between sets.

AROM knee step ups

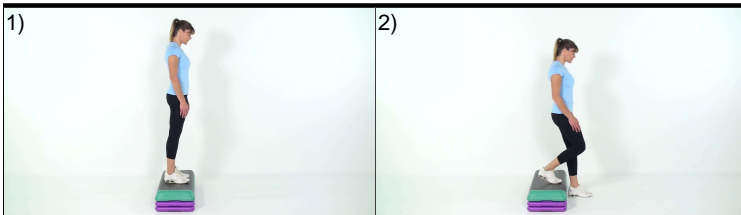
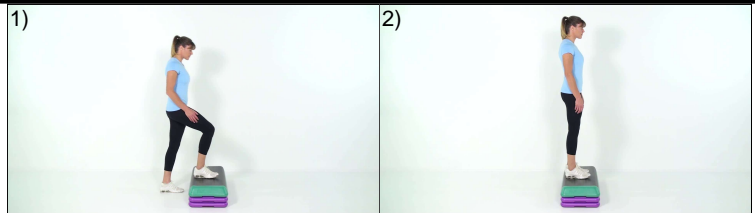
- Stand with involved leg on step.
- Shift weight over knee.
- Step up slowly.
- Step back down leading with involved leg.
- Repeat.

Special Instructions:

Do not push off with trailing foot. This can be done by

Perform 2 sets of 15 repetition(s), twice a day.

Rest 1 Minute between sets.



AROM knee step downs

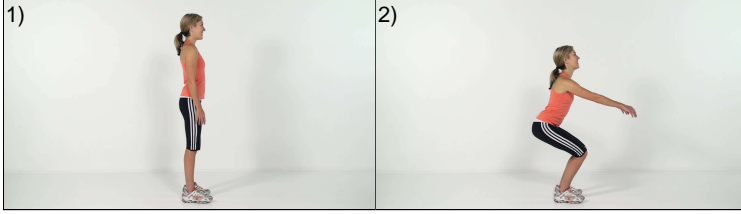
- Stand on step with both feet.
- Step down slowly, leading with uninvolved leg.
- Step back up leading with uninvolved leg.
- Repeat.

Perform 2 sets of 15 repetition(s), twice a day.



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AROM knee squat bil full

- Stand with feet shoulder distance apart.
- Slowly bend knees to 90 degrees.
- Hold for 5 seconds, and return to standing position.
- Repeat.

Special Instructions:

Maintain proper low back posture.

Perform 3 sets of 10 repetition(s), twice a day.

Rest 1 Minute between sets.

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