

Straight Leg Raise (SLR)

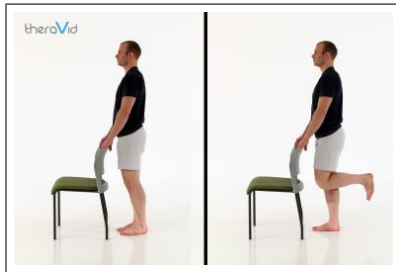


SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Lying on your back with knees bent and feet flat on the floor, straighten the leg you wish to exercise. Start by contracting the muscles on the front of your thigh, pushing your knee down into the floor. While keeping these muscles tight and knee straight, lift your leg off the ground until your knee is at the height of the other knee. Slowly lower it back to the floor. Repeat as directed.

Comments:

Standing Knee Flexion (Hamstring Curl)

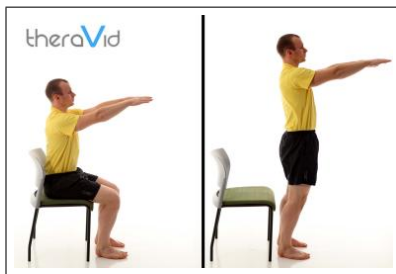


SETS: -
REPS: -
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Description: Begin by standing with a stabilizing surface in front of you. Place both of your hands on or just above the stabilizing surface. Slowly lift the lower portion of the leg to be exercised up and back toward the buttocks by bending at the knee. Slowly lower back down to starting position. Repeat as directed.

Comments:

Sit to Stand



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin sitting at the edge of a stable chair. With your legs shoulder-width apart and both arms extended out in front of you, slowly come into standing. Follow this by slowly lowering yourself back to a seated position by bending your hip and knees and keeping your arms extended in front of you and your back straight. Repeat as directed.

Comments:

Seated Knee Extensions (Long Arc Quads)



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Sit with both feet on the floor. On the side you wish to exercise, lift the foot off the floor so that the knee is straight and parallel to the floor. Slowly let the foot return back to the floor. Repeat as directed.

Comments:

Single Leg Balance



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Stand on the leg you wish to exercise. Attempt to balance on that leg for as long as directed.

Comments: