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| **Exercise** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Heel Slideshttp://www.activedgewi.com/heel_slide.jpg |  |  |  |  |  |  |  |
| Gluteal Setshttp://ukhealthcare.uky.edu/cartilage/postop_care/images/image_back4.jpg |  |  |  |  |  |  |  |
| Straight Leg Raisehttp://www.uwhealth.org/images/ewebeditpro2/upload/4349_Figure_7.jpg |  |  |  |  |  |  |  |
| Heel Raisehttp://www.abcbodybuilding.com/exercise2/broken9.gif |  |  |  |  |  |  |  |
| Hamstring Stretchhttp://www.ezlowerbackpainexercises.com/wp-content/uploads/2009/11/hamstring-muscle-stretching-exercise.jpg |  |  |  |  |  |  |  |