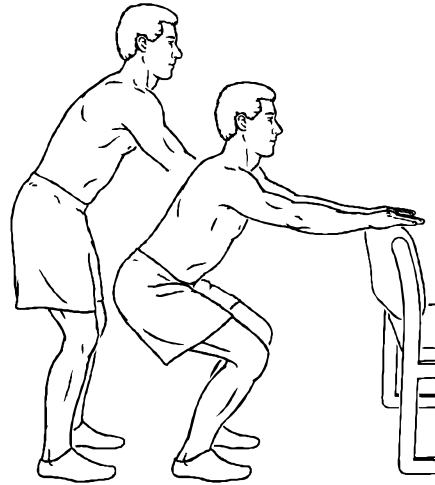


HIP / KNEE - 78 Functional Quadriceps: Chair Squat

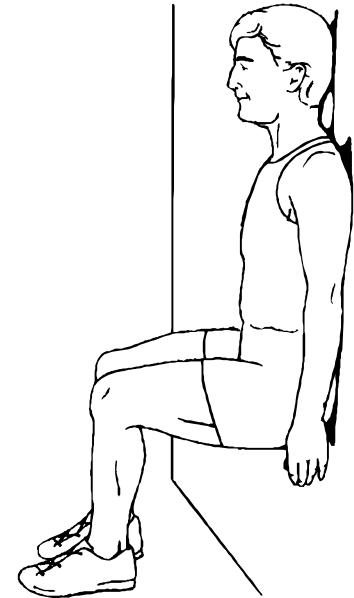
Keeping feet flat on floor, shoulder width apart, squat as low as is comfortable. Use support as necessary.



Repeat 10 times per set.
Do 3 sets per session.
Do 1 sessions per day.

LEGS: GLUTES / THIGHS - 2 Wall Sit

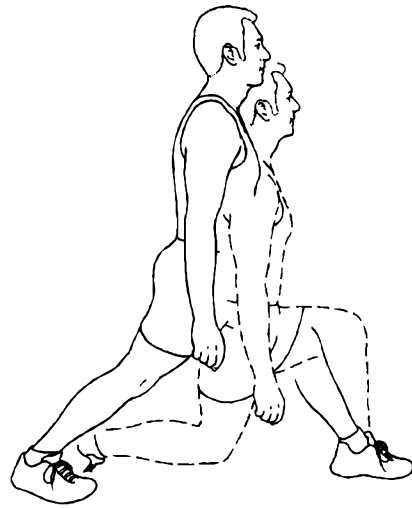
Back against wall, slide down so knees are at 90° angle. Hold 10 seconds.



Do 1 sets.
Complete 10 repetitions.

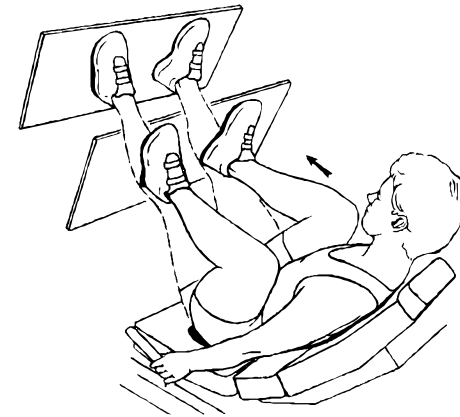
LEGS: GLUTES / THIGHS - 9 Lunge: Stationary

In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. Repeat on other side.



Do 2 sets.
Complete 15 repetitions. each leg

LEGS: GLUTES / THIGHS - 20 Leg Press: Incline (Machine)



Press forward until legs are just short of locked knee position.

Do 3 sets. Complete 10 repetitions.

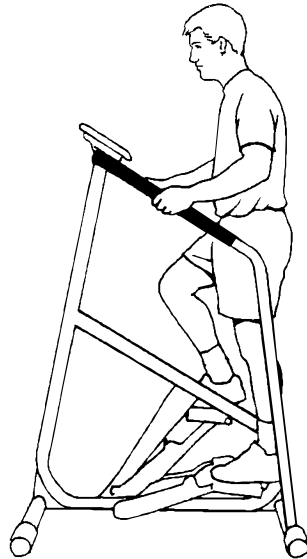
LOWER EXTREMITY - 39

Strength, Endurance: Forward Stair Stepper

Facing forward, perform
short steps.

Do Program
manual
for 5 minutes.

CAUTION: You should not bend knees deep enough to cause pain.



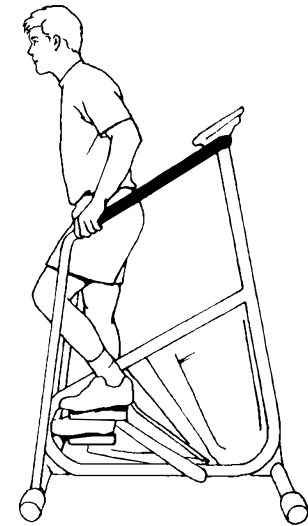
LOWER EXTREMITY - 40

Strength, Endurance: Retro Stair Stepper

Facing backward, perform
short steps.

Do Program
maual
for 5 minutes.

CAUTION: You should not bend knees deep enough to cause pain.

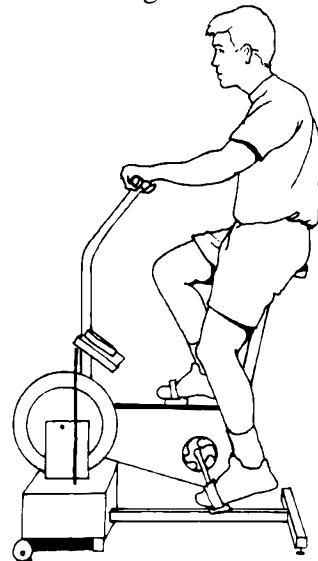


LOWER EXTREMITY - 37

Strength, Endurance: Stationary Bike - Sitting

Pedal forward or backward.
Adjust seat so leg is nearly straight when down.

Do 10-15 minutes per day.



elliptical trainer both forward and backwards