

**θ Single Leg Balance**



- Balance with knee just slightly bent, looking straight ahead

θ close eyes

θ swing arms back and forth

θ spiraling (reach down and across body and up and out, following your hand with your eyes)

PURPOSE: enhance balance

Hold 10-20 seconds and repeat 10-20 repetitions

**θ Ball Hamstring Curls**



- Lift hips off ground and then bend knees back and forth, keeping hips up

θ hips on ground for easier version

PURPOSE: strengthen hamstrings and gluteals

Do \_\_\_\_ sets of \_\_\_\_ repetitions

**θ Step Up and Over**



- Injured leg should be on the step

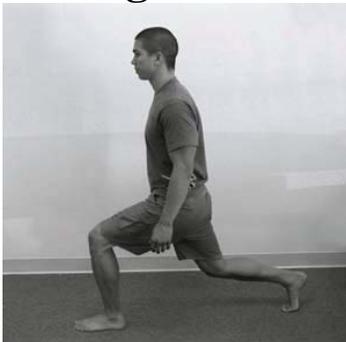
- Hips level

- Knee should line up with toes (not bowing in)

PURPOSE: strengthen leg muscles, improve function

Do \_\_\_\_ sets of \_\_\_\_ repetitions

**θ Lunges**



- Walk taking steps as big as you safely can
- Knees never go beyond toes

PURPOSE: strengthen leg muscles, improve function

Do \_\_\_\_ sets of \_\_\_\_

**θ Stork Stand**



- Stand against wall, push leg against wall as you rotate standing leg outward

- Foot flat on floor

- Knee slightly bent  
PURPOSE: strengthen hip external rotator, abductor muscles

Do \_\_\_\_ sets of \_\_\_\_