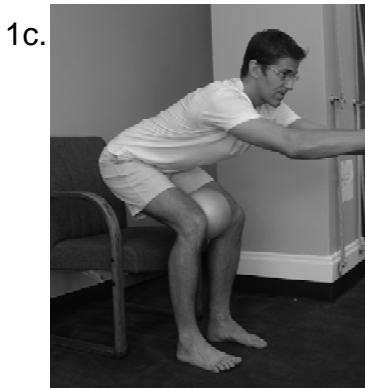
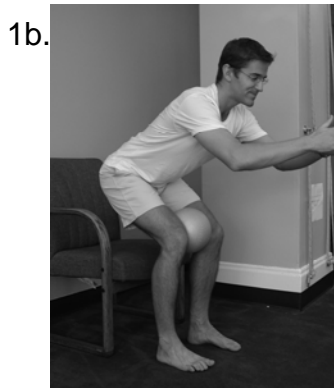


Phantom Chair

2. Lean back against the wall. Step feet out 1-2 feet from the wall, and hip width apart. Place small ball between knees. Gently squeeze ball as you slide down wall into a sitting position with knees bent up to 90°. Do not let knees come forward over toes. Perform 3 repetitions holding _____, _____, and _____ seconds.



Dinapoli Squeeze

1a. Stand directly in front of chair with feet hip width apart and small ball held between knees. Bend knees about 15° degrees, sitting butt toward the chair. Maintain neutral spine. Gently squeeze ball as you hold position 10 seconds. Keep calves in contact with chair.

1b. Bend knees further and repeat, again holding for 10 seconds.

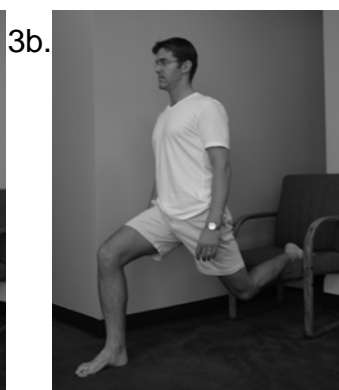
1c. Perform 6 repetitions total, gradually bending knees further with each repetition until you reach 90°. Then reverse direction again holding each position for 10 seconds as you gradually straighten knees.

Ski

3a. Stand with right foot forward and top of left foot on chair behind you.

3b. Slowly bend front knee to 90°, keeping torso upright. Return to start position. Repeat _____ times on each side.

3c. Stand on one foot with opposite foot hooked behind calf. Sitting butt back, slowly bend knee to 90° and then straighten. Repeat _____ times on each side.



580 Market Street
 Suite 200
 SF, CA 94104
 P: 415.788.2100
 F: 415.788.2102