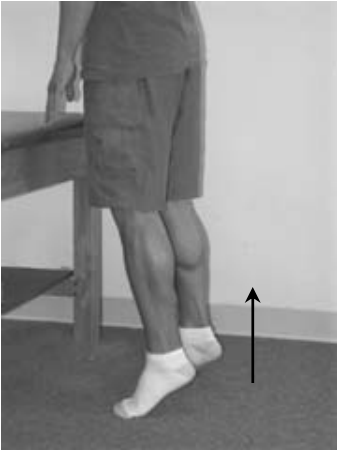


θ Heel Raises



- Feet pointed straight forward
- Lift heels up and down
- Heels should bow in a little
- PURPOSE: strengthen calf muscles

θ tennis ball between heels

θ do with single leg

Hold ____ seconds ____ repetitions

θ Quad Sets



- Push knee down as you tighten the quad muscle
- PURPOSE: strengthen quad muscle in thigh

Hold ____ seconds

Do ____ sets of ____ repetitions

θ Straight Leg Raises



- Do the above quad set first and then lift leg a few inches
- Keep knee *straight!*
- PURPOSE: strengthen quad muscle in thigh

Do ____ sets of ____ repetitions

θ Terminal Knee Extension

- With theraband above the knee, bend and straighten knee slowly
 - Let heel lift off of ground when knee comes forward
- PURPOSE: strengthen and enhance coordination of quad muscle in thigh
- ALTERNATE VERSION: stagger leg with the theraband behind the other leg, keep body centered and do not allow hips to move. Keep weight centered over both feet