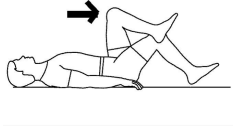

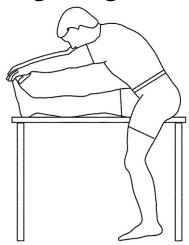
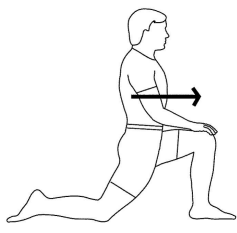

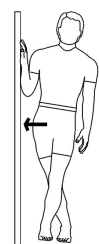


Comment:

Lower extremity stretches

<p>Stretch hip/knee figure 4</p>  <ul style="list-style-type: none"> • Lie on back, knees bent. • Cross legs with left ankle on right knee. • Gently push away until a stretch is felt. • A pillow or bolster can be used for added leverage. • Repeat with other leg. <p>Perform 1 set of 3 Minutes, once a day.</p> <p>Hold exercise for 3 Minutes.</p>	<p>Stretch Piriformis supine w/hip ER</p>  <ul style="list-style-type: none"> • Lie on back with knees bent. • Cross one leg over the other. • Grasp knee and ankle as shown. • Pull knee across chest to opposite shoulder as shown. • Repeat with other leg. <p>Perform 1 set of 3 Minutes, once a day.</p> <p>Hold exercise for 3 Minutes.</p>
<p>Stretch hamstring uni long sitting</p>  <ul style="list-style-type: none"> • Sit on firm surface with one leg out in front. • Slowly lean forward, trying to touch toes. <p>Perform 1 set of 3 Minute, once a day.</p> <p>Hold exercise for 3 Minutes.</p>	<p>Stretch Quads half kneeling</p>  <ul style="list-style-type: none"> • Half kneel as shown on right leg. • Lean forward slowly keeping hips and back straight. • Repeat with other leg. <p>Special Instructions: Progress by placing a small box under foot of trailing leg.</p> <p>Perform 1 set of 3 Minutes, once a day.</p> <p>Hold exercise for 3 Minutes.</p>
<p>Stretch Quads stand/squat</p>  <ul style="list-style-type: none"> • Stand on right leg with left knee bent and foot on chair. • Tighten abdominals to flatten back. • Bend right leg to stretch the left quadriceps. • Straighten right leg and repeat. • Repeat stretch for the right leg. <p>Special Instructions: Do not allow pelvic area to move forward.</p> <p>Perform 1 set of 3 Minutes, once a day.</p> <p>Hold exercise for 3 Minutes.</p>	<p>Stretch IT/TFL stand at wall</p>  <ul style="list-style-type: none"> • Stand next to wall, about a foot away, involved leg toward wall. • Cross over the uninvolved leg in front, and lean hip into wall, as shown. <p>Perform 1 set of 4 Repetitions, twice a day.</p> <p>Hold exercise for 20 Seconds.</p>

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Stretch Gastroc/Soleus bil standing



- Stand with balls of feet on a step, using banister to steady yourself.
- Keeping knees slightly bent, gently lower heels.
- Perform stretch again with knees straight

Perform 1 set of 3 Minutes, once a day.

Hold exercise for 3 Minutes.

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Comment:

Lower extremity stretches

Stretch hip/knee figure 4

Perform 1 set of 3 Minutes, once a day.

Hold exercise for 3 Minutes.



Stretch Piriformis supine w/hip ER

Perform 1 set of 3 Minutes, once a day.

Hold exercise for 3 Minutes.



Stretch hamstring uni long sitting

Perform 1 set of 3 Minute, once a day.

Hold exercise for 3 Minutes.



Stretch Quads half kneeling

Perform 1 set of 3 Minutes, once a day.

Hold exercise for 3 Minutes.



Stretch Quads stand/squat

Perform 1 set of 3 Minutes, once a day.

Hold exercise for 3 Minutes.



Stretch IT/TFL stand at wall

Perform 1 set of 4 Repetitions, twice a day.

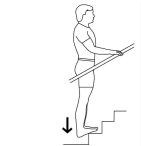
Hold exercise for 20 Seconds.



Stretch Gastroc/Soleus bil standing

Perform 1 set of 3 Minutes, once a day.

Hold exercise for 3 Minutes.



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