

Seated Ther-Ex

View at www.my-exercise-code.com using code L3TPFDK



TOES RAISES - DORSIFLEXION

Start with your entire foot on the ground.

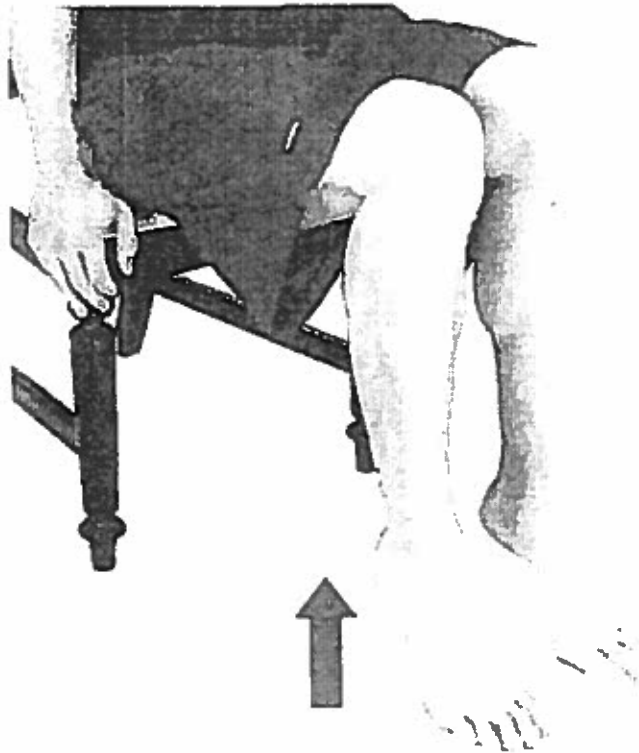
Repeat 10 Times

Complete 2 Sets

Perform 1 Time(s) a Day

Seated Ther-Ex

View at www.my-exercise-code.com using code **PFDK**



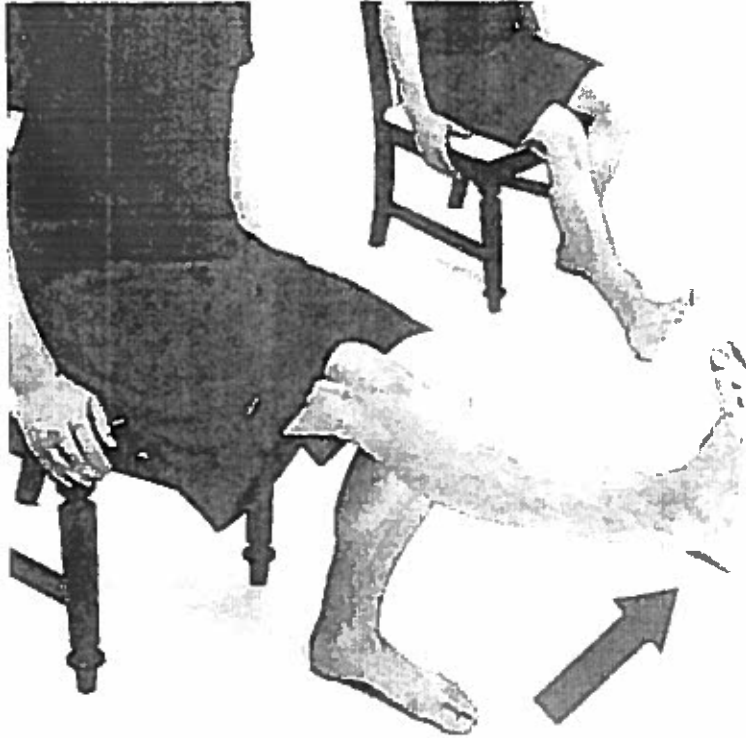
HEEL RAISES - PLANTARFLEXION

Start with your entire foot on the ground.

Repeat 10 Times
Complete 2 Sets
Perform 1 Time(s) a Day

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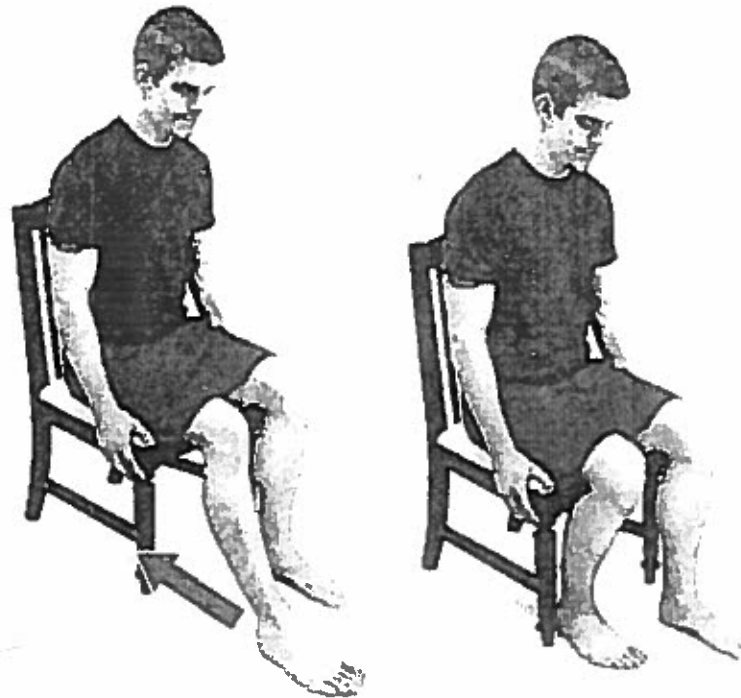
LONG ARC QUAD - LAQ

While seated and legs dangling downward, slowly straighten a knee and raise up your lower leg.

Repeat 10 Times
Complete 2 Sets
Perform 1 Time(s) a Day

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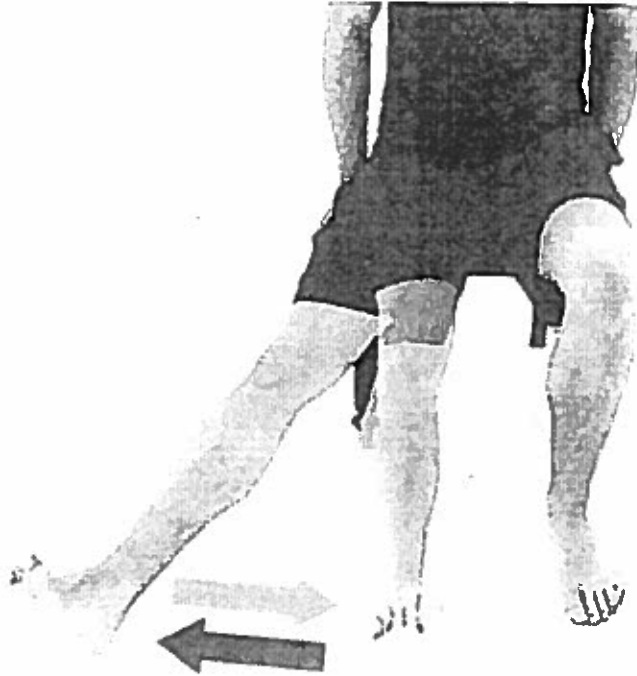
SEATED HEEL SLIDES

While in a seated position and foot forward and rested on the floor, slowly slide your foot closer towards you.

Repeat 10 Times
Complete 2 Sets
Perform 1 Time(s) a Day

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HIP ABDUCTION - SINGLE- SEATED - STRAIGHT LEG

Start by sitting close to the edge of a chair with your target leg straight at the knee. Next, slide your target leg to the side. You can slide your heel across the floor as you perform. Then return to straight ahead. Maintain your toes pointed up the entire time.

Repeat 10 Times
Complete 2 Sets
Perform 1 Time(s) a Day

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HIP ADDUCTION SQUEEZE - Seated

Place a rolled up towel, ball or pillow between your knees and press your knees together so that you squeeze the object firmly.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day