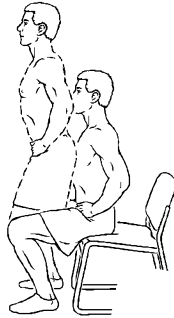


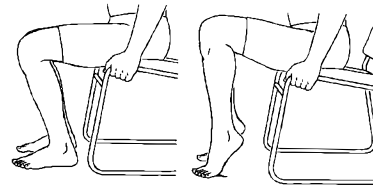
HIP / KNEE - 77 Functional Quadriceps: Sit to Stand

Sit on edge of chair, feet flat on floor. Stand upright, extending knees fully.



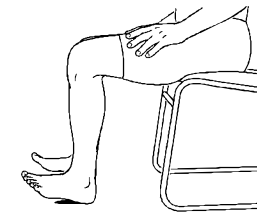
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

ANKLE / FOOT - 23 Heel Raise (Sitting)



Raise heels, keeping toes on floor.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

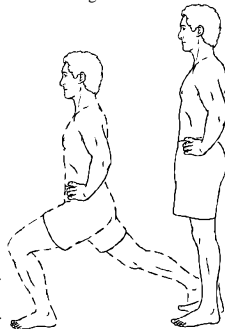
ANKLE / FOOT - 24 Toe Raise (Sitting)



Raise toes, keeping heels on floor.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

TRUNK STABILITY - 34 Forward Lunge

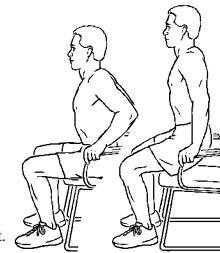
Standing with feet shoulder width apart and stomach tight, step forward with left leg.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HAND - 73 Elbow Extension: Chair Stand – Resisted

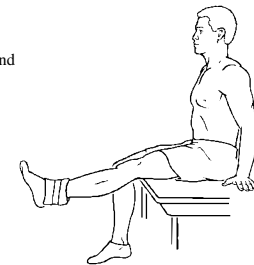
With hands on armrests, push up from chair. Use legs as much as necessary. Return slowly.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HIP / KNEE - 76 Knee Extension (Sitting)

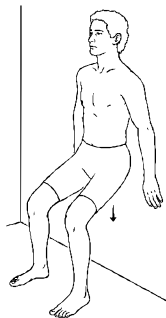
Place _____ pound weight on left ankle and straighten knee fully, lower slowly.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HIP / KNEE - 25 Strengthening: Wall Slide

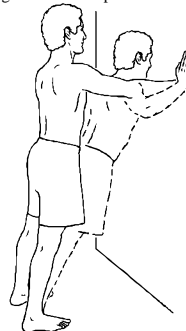
Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Hold 60 seconds. Tighten thigh muscles and return.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

SHOULDER - 81 Strengthening: Wall Push-Up

With arms slightly wider apart than shoulder width, and feet _____ inches from wall, gently lean body toward wall.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.