

YOUR DVD CODE: 944 - 495 - 975 - 575 - 337 - 291

1: 944 - Wall Slide



- Stand with feet shoulder width apart, back flat against wall.
- Slowly lower body to 90 degree knee angle, then return to standing

Sets: 2 Reps: 10 Sessions: 2 Everyday Hold Time: 5s

2: 495 - Hip Flexion in Standing



- Stand on step
- Bring knee towards chest
- Return to starting position

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated

3: 975 - Hip Hikes



- Place one foot on step
- Slowly elevate hip of free leg
- Return to starting position

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated

4: 575 - Resisted Hip Abduction in Standing



- Place band around ankle
- Pull leg outward away from body

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated

5: 337 - Resisted Knee Flexion



- Sit with band around ankles
- Anchor band with extended leg and bend opposite leg towards chair

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated

6: 291 - Resisted Hamstring Curls in Sitting



- Sit and place band at ankle
- Start with leg extended and bend knee against the band

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated