

## Home Exercise Program

### 1. Lower Extremity: Squat (90 degree knee bend)



- Stand with your feet spread hip-width apart.
- Draw in your abdominals- belly button toward your spine to stabilize your torso.
- Keep your back straight and your knee caps aligned with your second toes.
- Lean forward slightly with your arms reaching forward and slowly squat bending your knees to 90 degrees.
- Keep your weight on your heels and straighten your legs to return to the start position.
- Repeat as directed.

**Sets: 2 Reps: 10**

### 2. Lower Extremity: Stationary Front Lunge



- Stand with your feet apart (one forward, one behind)
- Lower your body by bending the knees to 90 degrees without touching the floor with you back knee.
- Keep knee of front foot in line with toes.
- Do not let knee move inward or outward.
- Return to start position and repeat.

**Sets: 2 Reps: 10**

### 3. Trunk: Hook Lying Bridge



- Lie on your back with your knees bent to 90 degrees
- Draw in your abdominals and contract your inner thigh muscles to stabilize your core.
- Squeeze your buttocks as you lift your hips off the ground - Lift until your trunk is aligned with your thighs.
- Hold as prescribed.
- Slowly return to initial position and repeat.

**Sets: 2 Reps: 15**

### 4. Lower Extremity: Single Leg Bridge



- Lie on your back with one knee bent and the other leg extended maintaining a neutral spine.
- Lift buttocks off floor and lift the straightened leg opposite knee level without letting pelvis drop or roll.
- Hold knee straight and lower body slowly.

**Sets: 2 Reps: 10**

### 5. Trunk: Quadruped Alternating Single Leg Extension



- Get on your hands and knees.
- Put your back into the neutral position, contract your abdominals by pulling in your belly button inward towards your back.
- Your body should be level, everything from your shoulders to your hips is in a straight line.
- Tuck your chin in.
- Keeping your trunk and arms still, lift one leg backwards keeping your hips and shoulders level.
- Return to initial position and repeat with the other leg.

**Sets: 2 Reps: 10**