



FEEL BETTER • MOVE FREELY • LIVE FULLY



Quad Set with Towel

Sit with leg straight out in front of you. Place small rolled up towel under knee. Actively press knee down into towel roll, tightening up quad muscle.

Reps: 10
Hold: 10 secs
Sets: 1
Perform: 1x per Day



Supine Bridge

Begin on your back, knees bent, hip distance apart, and feet flat. Extend your arms at your sides, palms facing down. Engage your core, squeeze your bottom, and slowly lift your hips up, keeping your upper back pressing into the floor as you hold the position.

Reps: 10
Hold:
Sets: 3
Perform: 1x per Day



Supine Short Arc Quad

Begin lying on your back with foam roll or bolster under knee. Slowly lift your foot towards the ceiling until your knee is straight. Then slowly lower your foot back to starting position, then repeat.

Reps: 10
Hold:
Sets: 3
Perform: 1x per Day



Clam Shells

Lay on your side with your feet, ankles and knees together. Raise your knee up by externally rotating your hip. Make sure the feet stay in contact with one another at all times. Bring the knee back down to the starting position. The key is to make sure that your heels always stay together during this exercise.

Reps: 10
Hold:
Sets: 3
Perform: 1x per Day



Bilateral Heel Toe Raise with External Support

Begin standing with a chair just in front of you and feet hip distance apart, lightly resting your hands on the chair back. Slowly rise up onto the balls of your feet, lower back down, then rock back onto your heels to lift your toes and lower them down. Place your fingertips lightly on the chair without gripping and gaze forward for balance.

Reps: 10
Hold:
Sets: 3
Perform: 1x per Day