WALL PUSH UPS

Standing at a wall; place your arms out in front of you with your elbows straight so that your hands just reach the wall. Next, bend your elbows slowly to bring your chest closer to the wall. Maintain your feet planted on the ground the entire time.

TABLE PUSH UPS

Perform a push up as shown while leaning on a table.

PUSH UP

Lying face down, use your arms and push yourself up as shown. Keep your toes in contact with the floor and maintain a straight back the entire time.
MEDICINE BALL - PUSH UPS

Perform push-ups while both hands are on a medicine ball. Keep your elbows close the side of your body the entire time.

Alternating Shoulder taps

Place hands on an appropriate height such as a counter or for more advanced exercise, a coffee table. Alternate shoulder taps without rotating trunk.

Plank shoulder taps

Begin laying flat on your stomach. Bring your hands to the mat with wrists directly under your shoulders. Tuck your toes under and raise your body/hips up off the ground on hands and toes as pictured. Do not raise your hips up so much that they “pike” up in the air, and do not let your low back sink toward the ground. Keep your abdominals tight and slightly tuck your tailbone to keep this position. Hold this position and begin tapping alternate shoulders.
DIPS IN CHAIR

While sitting in a chair with arm rests, push yourself upwards so that you lift your buttocks of the chair. Then lower down controlled back to normal seated position.

If you are unable to lift yourself up, you can perform "pressure releases" so that you simply push to take some weight off your buttocks.

Dips

Rest feet on floor and hands on the edge of a table or step. You may also bend knees if needed. Bend elbows to dip and then return.
Elastic Band Biceps Curls

With your arm at your side holding one end of elastic band and the other end anchored under your foot. Draw up your hand by bending you elbow to the shoulder with palm face up at all times.

ELASTIC BAND BICEPS CURLS

With your arm at your side holding an elastic band draw up your hand by bending at the elbow.

Keep your palm face up the entire time.
CLX - BICEPS CURL - BRACHIALIS

In a standing position, step on the CLX one loop width apart. With your arms at your side holding an elastic band, draw up your hands by bending at the elbow.

Keep your palms facing downward the entire time.

ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.

ELASTIC BAND ROWS - 90 ABD

Holding an elastic band with both hands, draw back the band as you bend your elbows. Keep your about 90 degrees away from the side of your body.
ELASTIC BAND ROWS - ABD and ER

Holding elastic band with both hands, draw back the band as you bend your elbows and bring your hands upward towards the back of your head.

Wrist Flexion

Support your forearm on a table with your palm facing the ceiling.

Next, stepping on one end of the theraband, curl your wrist up against resistance.

Wrist Extension

Support your forearm on a table with your palm facing the ground.

Next, stepping on one end of the theraband, curl your wrist up against resistance.
TOWEL GRIP

Place a rolled up towel in your hand and squeeze.

Prone Hip Extension - Table

Lay over edge of bed.

Draw abs in to stabilize spine.

Lift one leg to parallel to floor.

Hip Extension

Standing tall and keeping knee straight, extend one leg back without leaning forward and then return.
Bird Dog at Wall

Stand with feet hip-width apart facing a supportive wall about 12-18 inches away from the wall. Place one hand on the wall and lift your other arm above your head just off the wall. Brace your trunk muscles and lift your opposite leg off the floor just behind your stance leg. Maintain your balance, breathe slowly and keep your hips facing the wall. Repeat with the same arm and leg for the prescribed number of times and then switch to the alternate leg and arm.

WALL SQUATS

Leaning up against a wall or closed door on your back, slide your body downward and then return back to upright position.

A door was used here because it was smoother and had less friction than the wall.

Knees should bend in line with the 2nd toe and not pass the front of the foot.
EXERCISE BALL - WALL SQUATS

Start by standing up and leaning your low back up against an exercise ball on a wall. Your feet should be spread apart about shoulder width apart.

Next, slowly bend your knees and lower your buttocks towards the floor.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

The bottom leg can be bent to stabilize your body.

ELASTIC BAND HIP ABDUCTION

While standing with an elastic band attached to your leg; pull an elastic band out to the side.
Closed Chain Hip Abduction/ER

In standing, with your abdominals engaged, weight focused through your heels; use your hip muscles to rotate your knees outward as seen in the picture.

BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body.

SINGLE LEG BRIDGE - MODIFIED

While lying on your back, raise your buttocks off the floor/bed into a bridge position.

Next straighten a leg so that only one leg is supporting your body. Then, return that leg back to the ground and change to the other side.

Try and maintain your pelvis level the entire time.
**Dippy Bird**

Measure one foot length out from the wall, keeping your feet together. Put your hands in front of you in a "praying" position. Bend at the waist, making sure to keep your back completely straight while doing so. As soon as you reach your max bend, return to starting position. You should feel a good stretch in your hamstrings and possibly all the way down the back of your legs.

Scoot your feet farther away from the wall for more stretch. If you feel pressure in your back, make sure your spine isn’t bending during the dip.

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**HIP ADDUCTION - SIDELYING**

While lying on your side, slowly raise up the bottom leg towards the ceiling. Keep your knee straight the entire time.

The top leg should be bent at the knee and your foot planted on the ground supporting your body.

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**HIP ADDUCTION SQUEEZE - SUPINE**

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

Start with both feet on top of a step/box. Next, slowly lower the unaffected leg down off the side of the step/box to lightly touch the heel to the floor. Then return to the original position with both feet on the step/box.

Maintain proper knee alignment: Knee in line with the 2nd toe and not passing in front of the toes.

STEP DOWN - FORWARD

Start with both feet on top of a step/box. Next, slowly lower the unaffected leg down forward off the step/box to lightly touch the heel to the floor. Then return to the original position with both feet on the step/box.

Maintain proper knee alignment: Knee in line with the 2nd toe and not passing in front of the toes.
Squat

Standing with feet shoulder width apart and back straight, let you butt drop to the floor while making sure the knees do not pass over the toes. Rotate through the hips and be sure to keep the knees stable. Do not let the knees buckle inwards. To increase intensity the exercise can be done with added weight (dumbbells, kettle bell, barbell etc). "sitting in a chair" position

Single Leg Stance w/ Head Rotation

Standing in front of a chair or counter, lift one leg off the ground while maintaining a slight bend in the knee of the leg you're balancing on. Once you feel balanced, slowly rotate your head left and then right.

Repeat while maintaining single leg balance.

Single Limb Stance: Cone Tapping

Begin in a partial squat on the involved limb, weight through your heel, knee behind your toes.

Maintaining a neutral low back (NO Arch) Keep eyes focused on cone while turning your chest to bring your hand to where the cone is. Keep hips and knee and still and controlled as possible. Slow and controlled!
Single Leg Balance - Clock

Position: Stand on one leg with knee slightly bent. Maintain good posture with abdominals tightened.

Action: Stand on leg and reach out with other leg as far as you can, as if following the numbers on a clock, without losing balance. Do not touch the toe down with reach leg. Keep knee in proper alignment with stance foot. Do not allow knee to move from side to side.

Hip Sway

Start standing. You may need to practice against counter or with family member for safety.

Push hips backwards and rock onto heels. Arms should go forward to counterbalance your body.

Push hips forwards as you come onto toes. Arms go backwards to counterbalance your body.

LOWER TRUNK ROTATIONS - LTR

Lying on your back with your knees bent, gently move your knees side-to-side.
Cat Pose/Spinal extension

In hands and knees with your hands placed shoulder width apart and knees under your hips, as you exhale, slowly round the spine, pulling the belly button towards the spine. Emphasize stretching the low back area with less rounding of the upper back to create symmetry in the reversal of the spinal curves. As you inhale return to a neutral spine or proceed towards Cow Pose.

Cow Pose/Spinal Extension

In hands and knees with the hands under the shoulders and the knees under the hips, slowly inhale as you drop your belly towards the floor, bringing the shoulder blades together and opening your chest, lifting the chin gently towards the sky. Roll the shoulders back and down and gently engage your abdominals to support the low back. Exhaling, begin to bring the belly button in towards the spine and return to neutral or proceed towards Cat Pose.

Thomas stretch

Lie on a table with one leg hanging off the edge as shown. Pull the other knee to your chest until you feel a stretch in the front of the hip that’s hanging off the table.