

1 Quad Set: Seated as shown. Slowly tighten the top of the thigh, trying to push the back of the knee towards the floor. You may also put a towel under the knee to provide more range of motion. Repeat on opposite leg.



2 Squat: Stand with your feet shoulder width apart. Hold a soccer ball or similar sized object between your knees and slowly squat down like you're about to sit in a chair. Keep your hands in front for balance. Lower as far as you can while maintaining your balance or until your thighs are parallel with the floor.

- **Tip:** Keep your knees over your toes and your weight on your heels.



3 Single Leg Balance: Slowly pick up your right foot, keeping the abdominals tight. Maintain your balance for 30-60 seconds. Repeat on opposite leg.

- **Tip:** Stand next to a wall or chair if you need help with balance.



4 Quad Stretch: Grasp the right foot, keeping the knee pointed toward the floor, as shown. Repeat on opposite side.

- **Tip:** Use a wall or chair for stability as needed.

- **Tip:** You may use a towel wrapped around your foot if you cannot reach your foot, or grab your pant leg.



- **Tip:** You should feel this stretch in the front of your thigh.

5 Double Hamstring Stretch: In a seated position, extend both legs in front of you. Slowly bend at the hips to reach towards the toes until you feel a mild stretch in the back of the legs. If needed, use a towel wrapped around your feet, as shown.



6 IT Band Stretch: While standing, cross the right leg over the left keeping the legs straight. Slowly push the left hip away from center. Repeat on opposite side.

- **Tip:** You should feel this stretch in your hip and outer thigh.



Exercise Guidelines:

1. Perform 10-15 repetitions of each exercise.
2. Use slow and controlled movements.
3. Exhale during exertion, inhale during release.
4. Maintain good posture and technique.
5. Perform exercises in an area with adequate space.
6. Discontinue exercise if you experience pain.
7. Use a support for balance as needed.

Stretching Guidelines:

1. Hold each stretch for 20-30 seconds.
2. Hold stretch in a pain free range of motion.
3. Do not bounce, use controlled movements.
4. Do not hold your breath, breathe slowly.

PRECAUTIONS: This information is not intended as a substitute for the advice of a personal healthcare provider. If you have medical conditions requiring attention or which may be aggravated by physical activity, consult your healthcare provider regarding the type of activity that is safe and appropriate for you.

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