

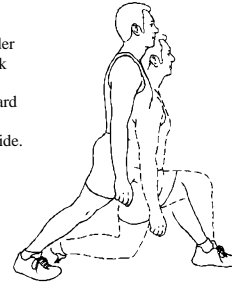
Therapeutic Associates State Street  
 1520 W. State St. Ste 210  
 Boise, ID 83702

Created By: Rob Barnes, DPT  
 Hours: 7AM-7PM  
 Phone: 208-336-8433  
 Emergency: \_\_\_\_\_

**STRENGTHENING:**  
 1-2x/wk  
 2-3 sets of 10 reps. Stop exercises if you have pain.

LEGS: GLUTES / THIGHS - 9 Lunge: Stationary

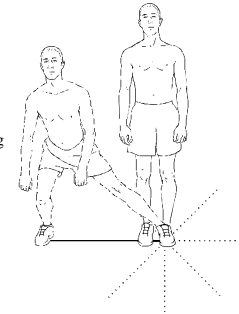
In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. Repeat on other side.



Do 2 sets.  
 Complete 10 repetitions.

LUNGE - 3 Lateral

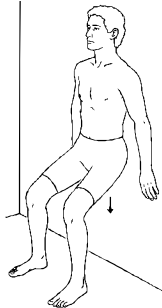
Stand with equal weight on both feet. Lunge with **right** leg along L direction, keeping foot forward, and return 10 times.



1-2 sets of 10 reps  
 1-2x/wk

HIP / KNEE - 25 Strengthening: Wall Slide

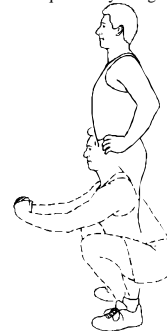
Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Hold 5 seconds. Tighten thigh muscles and return.



Repeat 10 times per set.  
 Do 2-3 sets per session.  
 1-2X/WK

LEGS: GLUTES / THIGHS - 5 Full Squat: Body Weight

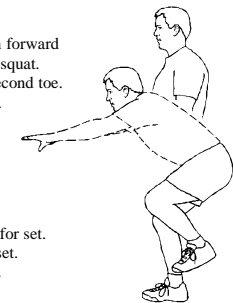
Head up, back straight, feet pointed slightly out, don't allow knees to progress past your toes. Adjust arm position for balance. Keep abdominals tight and maintain weight on heels. **CAREFUL WITH BENDING YOUR KNEES PAST 90 DEGREES.**



Do 2-3 sets.  
 Complete 10 repetitions.

LOWER EXTREMITY - 4 Mini Squat: Single Leg

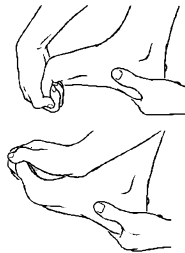
Stand on **right** foot. Reach forward for balance and do a mini squat. Keep knees in line with second toe. Knees do not go past toes. Keep knees together.



Repeat 10 times.  
X Repeat with other leg for set.  
 Rest \_\_\_\_\_ seconds after set.  
 Do 2 sets per session.

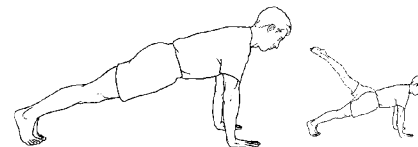
ANKLE / FOOT - 34 PROM: Toe Flexion / Extension

Gently grasp **right** toes and curl then straighten them. Hold each position 5 seconds.



Repeat 5 times per set.  
 Do \_\_\_\_\_ sets per session.  
 Do 1 sessions per day.

YOGA - 61 Plank



Support body on hands and feet. Keep hips in line with torso and arms straight under chest. Avoid locking elbows.

Hold for 3 breaths. Repeat with other leg.  
**ADVANCED: Extend one leg up.**

TUBING LOOP - 34 Hip Abduction: Standing - Straight Leg

Side steps. Slight squat like you are sitting back into a chair. Step to the side keeping weight back.



10-15 steps to the right and return to the left. 3 laps

Therapeutic Associates State Street  
 1520 W. State St. Ste 210  
 Boise, ID 83702

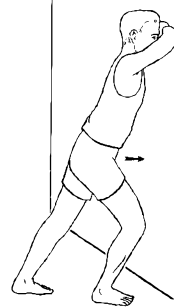
Created By: Rob Barnes, DPT  
 Hours: 7AM-7PM  
 Phone: 208-336-8433  
 Emergency: \_\_\_\_\_

**Stretching:**  
 Warm up first. Hold stretches at least 30 seconds. Do not bounce.  
 Stretching is most beneficial after a long run.  
 Attempt some agilities during your warm up.

LOWER LEG - 9 Achilles / Gastroc

With back leg straight, move hips forward until stretch is felt. Make sure your back foot is straight.

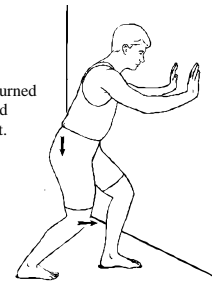
Repeat \_\_\_\_\_ times.  
 Do \_\_\_\_\_ sessions per day.



LOWER LEG - 10 Achilles / Soleus

With back foot flat and toes turned slightly inward, lower hips and bend knees until stretch is felt. Hold \_\_\_\_\_ seconds. Repeat with other leg.

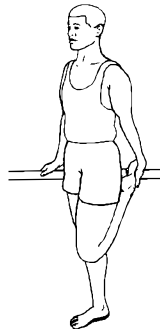
Repeat \_\_\_\_\_ times.  
 Do \_\_\_\_\_ sessions per day.



UPPER LEG - 2 Quadriceps

Pull heel toward buttocks until stretch is felt in front of thigh. Tuck hips under. Hold 30 seconds. Repeat with other heel.

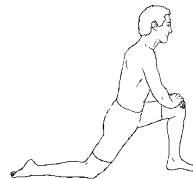
Repeat \_\_\_\_\_ times.  
 Do \_\_\_\_\_ sessions per day.



HIP / KNEE - 34 Stretching: Hip Flexor

Kneeling on right knee, slowly push pelvis down (squeeze buttocks) while slightly arching back until stretch is felt on front of hip. Hold 30 seconds. Switch legs.

Repeat 1 times per set. Do 1 sets per session.  
 Do 1 sessions per day.



HIP OBLIQUE - 9 Iliotibial Band

Cross right leg behind the left. Lean right hip toward wall while bending left knee and tuck hips under. Slightly bend right knee until you feel the stretch. Hold \_\_\_\_\_ seconds. Repeat with left leg behind right.

For a variation of this stretch, cross right leg *in front of* the left leg.

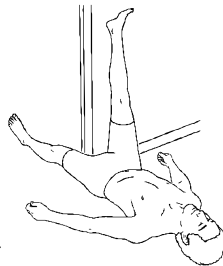
Repeat \_\_\_\_\_ times.  
 Do \_\_\_\_\_ sessions per day.



HIP / KNEE - 33 Stretching: Hamstring - Wall

Lying on floor with right leg on wall, other leg through doorway, scoot buttocks toward wall until stretch is felt in back of thigh. As leg relaxes, scoot closer to wall. Hold \_\_\_\_\_ seconds.

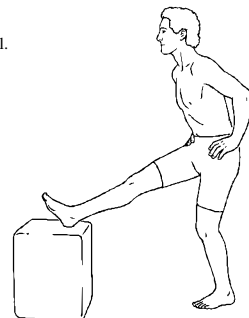
Repeat \_\_\_\_\_ times per set.  
 Do \_\_\_\_\_ sets per session.  
 Do \_\_\_\_\_ sessions per day.



HIP / KNEE - 39 Stretching: Hamstring (Standing)

Place right foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set.  
 Do \_\_\_\_\_ sets per session.  
 Do \_\_\_\_\_ sessions per day.



HIP / KNEE - 48 Piriformis (Supine)

Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Rock hip bones forward. Put foot against wall for increased stretch. Hold 30 seconds.

Repeat 2 times per set. Do 1 sets per session.  
 Do 2 sessions per day.

