

Bridge

- Lie on your back with knees bent and a ball (or rolled towel) between your knees.
- Gently squeeze the ball between your knees, and lift your bottom up off the floor.
- Hold **1-2 seconds**, then return to the starting position.
- Perform **3 sets of 10 repetitions**, at least **2 times per week**.



Squat

- Stand in front of a chair with feet about shoulder-width apart.
- With a resistance band tied around your thighs, squat down by sitting back. You may touch the chair seat with your bottom, but don't sit down. Then, return to the starting position.
- Perform **3 sets of 10 repetitions**, at least **2 times per week**.



Heel Raises

- Stand and hold onto a chair or table for support.
- Bend one knee, and slowly raise the heel of the **opposite** foot off the floor.
- Hold **1-2 seconds**, then lower the heel back down to the floor.
- Perform **3 sets of 10 repetitions on each side**, at least **2 times per week**.



Quad Stretch

- Stand and grasp one foot behind you. You may hold onto a chair or table for balance.
- Slowly pull the foot toward your buttocks until you feel a **gentle** stretch in the front of your thigh.
- Hold **20-30 seconds**, then return to the starting position.
- Perform **2-3 repetitions on each side**, at least **2 times per week**.
- *Alternative: The stretch may also be done lying on your side. Grasp the foot/ankle of the top leg. Gently pull the foot toward the buttocks. You may use a strap for assistance.*



Calf Stretch

- Stand and hold onto a chair or table for support. Step back with one leg.
- Keeping the back leg straight, gently bend the front knee. Do not let the front knee go forward over the toes (i.e., keep the front knee in line with the ankle). You should feel a **gentle** stretch in the calf of the **back leg**. If you do not feel the stretch, move the back leg a little further back.
- Hold **20-30 seconds**, then return to the starting position.
- Perform **2-3 repetitions on each side**, at least **2 times per week**.



Hamstring Stretch

- Lie on your back with your legs straight.
- Gently bring one leg toward your chest, holding the back of the thigh with your hands or a towel/strap. You may bend the opposite knee for back comfort.
- Hold **20-30 seconds**, then return to the starting position.
- Perform **2-3 repetitions on each side**, at least **2 times per week**.

