

## Weeks 1-2



### Seated Toe Curl

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin by sitting upright in a chair with your feet positioned shoulder width apart.

#### Movement

Gently curl and straighten your toes.

#### Tip

Make sure to keep the rest of your foot still and do not let it rotate to either side.



### Seated March

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting upright in a chair with your feet flat on the floor.

#### Movement

Keeping your knee bent, lift one leg then lower it back to the ground and repeat with your other leg. Continue this movement, alternating between each leg.

#### Tip

Make sure to keep your back straight and do not let it arch as you lift your legs.



### Seated Long Arc Quad

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting upright in a chair.

#### Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

#### Tip

Make sure to keep your back straight during the exercise.



### Supine Knee Extension Strengthening

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your back with one knee bent and the other resting on a ball.

#### Movement

Straighten your knee by contracting your thigh muscles, keeping the back of your knee on the ball.

#### Tip

Make sure not to arch your back during the exercise.

## Weeks 3-4



### Seated Ankle Pumps

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting upright with one leg straight forward.

#### Movement

Slowly pump your ankle, bending your foot up toward your body, then pointing your toes away from your body, and repeat.

#### Tip

Make sure to move your foot in a straight line and try to keep the rest of your leg relaxed.

STEP 1



STEP 2



### Supine Active Straight Leg Raise

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin lying on your back with one knee bent and your other leg straight.

**Movement**

Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.

**Tip**

Make sure to keep your leg straight and do not let your back arch during the exercise.

STEP 1



STEP 2



### Prone Hip Extension

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin by lying on your stomach with both legs stretched straight behind you.

**Movement**

Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

**Tip**

Make sure to keep your knee straight and trunk steady during the exercise.

STEP 1



STEP 2



### Sidelying Hip Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin lying on your side with your top leg straight and your bottom leg bent.

**Movement**

Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.

**Tip**

Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



### Sidelying Hip Adduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin by lying on your side with one knee bent and your foot resting in front of your other leg.

**Movement**

Slowly lift your straight leg towards the ceiling, then lower it back to the starting position.

**Tip**

Do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



### Supine Hip Flexion with Resistance Loop

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin lying on your back with a resistance band looped around your feet.

**Movement**

Tighten your abdominals, then slowly pull your knee toward your chest, pulling against the resistance band. Return to the starting position and repeat.

**Tip**

Make sure to keep your hips level on the ground and do not arch your back during the exercise.

STEP 1



STEP 2



### Quadruped Fire Hydrant

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin on all fours with your hands under your shoulders and your knees under your hips.

**Movement**

Lift your leg out to your side, keeping your knee bent, then return to the starting position and repeat.

**Tip**

Make sure to engage your core and do not let your hips rotate or drop to either side.

STEP 1



STEP 2



### Quadruped Leg Extension with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin on all fours holding the end of a resistance band that is looped around your foot on the same side.

#### Movement

Straighten your leg, pushing against the resistance until it is parallel with the ground. Slowly return to the starting position and repeat.

#### Tip

Make sure to keep your head looking down between your hands and do not let your trunk rotate during the exercise.

## Weeks 5-6

STEP 1



STEP 2



### Ankle Dorsiflexion with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting tall on the ground with one knee bent and the other leg straight with a band looped around the top of your foot. The band should be anchored near the floor in front of you.

#### Movement

Bend your foot up against the band, raising your toes towards the ceiling.

#### Tip

Make sure to only move at your ankle and try to keep your knee still.

STEP 1



STEP 2



### Ankle and Toe Plantarflexion with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting upright on the floor with one knee bent, and your other leg straight with a resistance band around your foot and toes, holding the ends in each hand.

#### Movement

Bend your foot away from your body and curl your toes downward. Relax, then repeat.

#### Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



### Ankle Inversion with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting tall on the ground with one knee bent and the other leg straight with a band looped around the ball of your foot. The band should be anchored near the floor out to the same side of your leg.

#### Movement

Pull your foot inward against the band. Slowly return to the starting position and repeat.

#### Tip

Make sure to only move at your ankle and try to keep your knee still.

STEP 1



STEP 2



### Ankle Eversion with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting tall on the ground with one knee bent and the other leg straight with a band looped around the ball of your foot. The band should be anchored near the floor out to the opposite side of your leg.

#### Movement

Pull your foot outward against the band. Slowly return to the starting position and repeat.

#### Tip

Make sure to only move at your ankle and try to keep your knee still.



### Towel Scrunches

**REPS: 2 | SETS: 1 | HOLD: 1 MINUTE | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a staggered standing position with your forward foot resting on a flat towel, and the knee slightly bent.

#### Movement

Keep your back knee straight. Use your toes to scrunch up the towel.

#### Tip

Make sure to keep the rest of your foot in contact with the ground.



### Gastroc Stretch on Wall

**REPS: 3 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position in front of a wall.

#### Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

#### Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.



### Soleus Stretch on Wall

**REPS: 3 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position in front of a wall.

#### Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

#### Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.



### Single Leg Stance

**REPS: 5 | SETS: 1 | HOLD: 30 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

#### Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

#### Tip

Try not to move your arms away from your body or let your weight shift from side to side.



### Squat

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

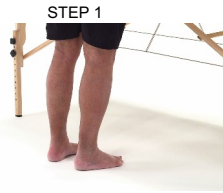
Begin standing upright with your feet slightly wider than shoulder width apart.

#### Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

#### Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.



### Standing Heel Raises

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin in a standing upright position in front of a counter or stable surface for support.

**Movement**

At the same time, slowly raise both heels off the ground, then lower them down to the floor and repeat.

**Tip**

Make sure to maintain an upright posture and keep your weight on the balls of your feet when you lift your heels.

## Weeks 7-8

STEP 1



STEP 2



### Lateral Step Down

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin by standing on a platform or step with one leg hanging off the edge.

**Movement**

Maintaining an upright position, bend at your knee and hip, slowly lowering your foot to the ground, then return up to the starting position and repeat.

**Tip**

Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.

STEP 1



STEP 2



### Forward T

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin in a standing upright position with your hands resting at your waist.

**Movement**

Balancing on one leg, bend at your hips and slowly tilt your body forward while extending the other leg backward, then return to the starting position and repeat.

**Tip**

Make sure to keep your back straight, and don't let your knee collapse inward during the exercise.

STEP 1



STEP 2



STEP 3



### Lower Quarter Reach Combination

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin in a standing upright position in the middle of a Y shape on the floor.

**Movement**

Balance on one leg and reach your other leg along each of the three lines, going around the Y in a clockwise direction.

**Tip**

Make sure to maintain your balance during the exercise.

STEP 1



STEP 2



### Single-Leg Quarter Squat

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin in a standing upright position. Lift one foot off the ground.

**Movement**

Bend slightly at your knee and hip into a mini squat position, then straighten your leg and repeat.

**Tip**

Make sure to keep your back straight during the exercise and maintain your balance. Your knee should not move forward past your toes.

STEP 1



STEP 2



### Standing Single Leg Heel Raise

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin in a standing upright position.

**Movement**

Lift one foot off the ground to balance on your other foot. When you are balanced, slowly raise your heel off the ground, then lower it back down and repeat.

**Tip**

Make sure to maintain your balance during the exercise and do not let your ankle rotate to either side.

STEP 1



STEP 2



STEP 3



### Lateral Lunge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin in a standing upright position with your feet shoulder width apart and arms resting at your side.

**Movement**

Step to the side with one leg, lowering your body into a lunge position, then carefully return to the starting position.

**Tip**

Make sure not to let your knees collapse inward during the exercise.