

Weeks 1-2

STEP 1



STEP 2



Supine Hamstring Stretch

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

Setup

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

Movement

Bring your knee toward your chest and grab the back of your thigh with both hands. Slowly straighten your knee until you feel a stretch in the back of your thigh and hold.

Tip

Make sure to keep your back flat on the floor during the stretch.

STEP 1



Seated Calf Towel Stretch

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

Setup

Begin sitting tall on the floor with your leg straight in front of you, holding a towel that is looped around the bottom of your foot.

Movement

Gently pull the towel towards your body until you feel a stretch in the back of your calf. Hold this position.

Tip

Be sure to keep your leg straight and do not let your knee bend.

STEP 1



STEP 2



Standing Anterior Tibialis Stretch

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

Setup

Begin in a standing upright position.

Movement

Bring one foot backward and place the top of your toes on the ground. Bend your knees and gently press the top of your foot toward the ground until you feel a stretch in the front of your leg. Hold this position.

Tip

Make sure to keep your back straight and hips facing forward during the exercise.

STEP 1



STEP 2



Seated Heel Raise

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

Setup

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

Movement

Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

Make sure to keep the balls of your feet in contact with the floor.

STEP 1



STEP 2



Seated Ankle Pumps

REPS: 10 | SETS: 2 | 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



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.

Weeks 3-4

STEP 1



STEP 2



Standing Heel Raise

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet shoulder width apart.

Movement

Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

Make sure to keep your upper body still and avoid gripping with your toes.

STEP 1



STEP 2



STEP 3



Heel Toe Raises with Counter Support

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

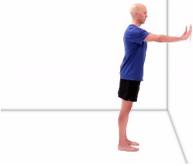
Movement

Rise up onto your toes, hold briefly, then lower back down and lift the balls of your feet off the ground. Repeat.

Tip

Make sure to maintain an upright posture and use the counter to balance as needed.

STEP 1



STEP 2



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.

STEP 1



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.

STEP 1



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.

STEP 1



STEP 2



Band Walks

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with a resistance band looped around your ankles. Bend your knees slightly so you are in a mini squat position.

Movement

Slowly walk forward, one foot at a time.

Tip

Make sure to maintain constant tension in the band and keep your toes pointing forward. Do not drag your feet on the ground or let your knees collapse inward during the exercise.

STEP 1



STEP 2



Side Stepping with Resistance at Feet

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with a resistance band looped around the middle of your feet. Bend your knees slightly so you are in a mini squat position.

Movement

Slowly step sideways, maintaining tension in the band.

Tip

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

Weeks 5-6

STEP 1



STEP 2



Single Leg Bridge

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

Setup

Begin lying on your back with both knees bent and your feet resting on the floor.

Movement

Straighten one leg, keeping it in line with your other leg, then tighten your abdominals and lift your hips off the floor into a bridge position. Then lower yourself back down, and repeat.

Tip

Make sure to keep your abdominals tight and do not let your hips rotate during the exercise.

STEP 1



STEP 2



Forward Step Down

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

Setup

Begin standing on a step with your hands on your hips.

Movement

Balance on one leg and lower your other leg forward off the step to the floor. Lightly touch the floor with your heel then return to the starting position and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your knee collapse inward.

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



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.

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



Clamshell with Resistance

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

Setup

Begin by lying on your side with your knees bent 90 degrees, hips and shoulders stacked, and a resistance loop secured around your legs.

Movement

Raise your top knee away from the bottom one, then slowly return to the starting position.

Tip

Make sure not to roll your hips forward or backward during the exercise.

Weeks 7-8

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 Heel Raise with Toes Turned Out

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet rotated outward.

Movement

Raise your heels off the ground, then slowly lower them back down to the floor and repeat.

Tip

Make sure to keep your upper body still and avoid gripping with your toes.

STEP 1



STEP 2



Standing Heel Raise with Toes Turned In

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet rotated inward.

Movement

Raise your heels off the ground, then slowly lower them back down to the floor and repeat.

Tip

Make sure to keep your upper body still and avoid gripping with your toes.

STEP 1



STEP 2



Single Leg Heel Raise

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

Setup

Begin standing tall, holding onto a stationary object in front of you.

Movement

Lift one foot off the ground and balance on one leg. On your stance leg, lift your heel and raise up onto your toes, then lower back down and repeat.

Tip

Make sure to keep your balance and do not let your heel roll 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.

STEP 1



STEP 2



Crossover Step Up with Knee Drive

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

Setup

Begin in a standing upright position to the side of a step or bench.

Movement

Step your outside foot across your body and onto the step, then shift your weight to stand on the step as you lift your opposite leg up towards your chest. Reverse the movement, and repeat.

Tip

Make sure to keep your trunk and pelvis facing forward during the exercise. Focus on activating your buttock muscles as you step onto the step.

STEP 1



STEP 2



Mountain Climbers Fast

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

Setup

Begin on all fours. Raise yourself into a push up position.

Movement

Quickly alternate bringing your knees to your chest.

Tip

Make sure to keep your abdominals tight, back straight, and shoulders over your hands.