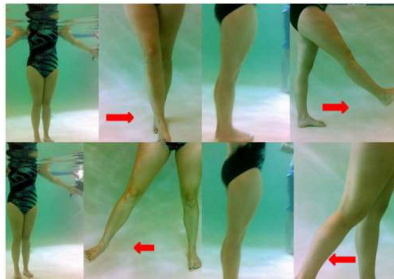


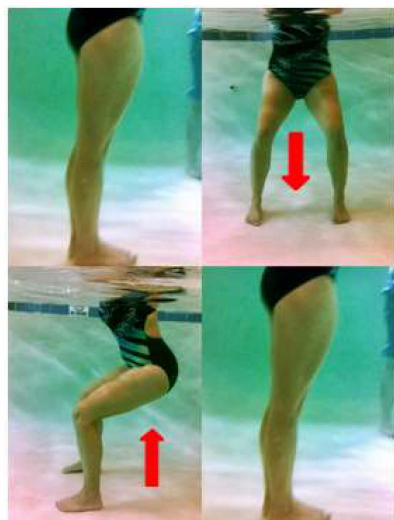
Pool Lower Extremity Home Exercise Program



4 Way Hip

Start standing with your feet under your hips. Cross your leg in front of your supporting leg. Return to the starting position. Kick your leg in front and then return to the starting position. Next kick that leg out to the side and return to the starting position. Last kick your leg behind you and return to the starting position. Keep your trunk steady and straight without arching your back or leaning during each of these motions. Repeat as directed.

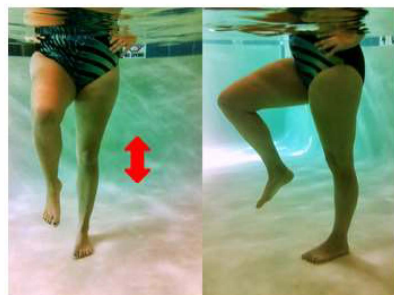
Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



Squats

With legs shoulder width apart and weights on the surface of the water squat down as if you were going to sit into chair.

Repeat 15 Times
Complete 2 Sets
Perform 3 Times a Week



March

Lift your leg up to 90 degrees as if you were marching. Lower your leg to the ground and repeat on the opposite leg. Maintain a neutral pelvis and keep your feet under your shoulders. Repeat as directed.

Repeat 15 Times
Complete 2 Sets
Perform 3 Times a Week



Hamstring Curl

Stand with feet under hips. Raise one foot behind you flexing the knee. Return to the starting position. Repeat with other leg

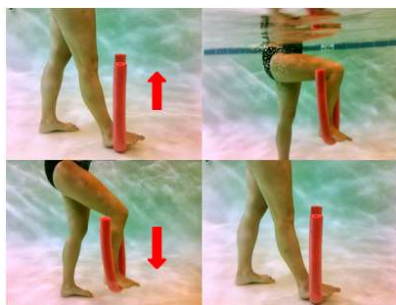
Repeat 15 Times
Complete 2 Sets
Perform 3 Times a Week



DLS Heel Raise

While standing, raise up on your toes as you lift your heels off the ground.

Repeat 15 Times
Complete 2 Sets
Perform 3 Times a Week



LE Press Down

Start standing with one foot placed on the float. Slowly let the knee come up to your chest and then forcefully press down towards the ground. Increasing speed will increase resistance. Repeat on Left Leg.

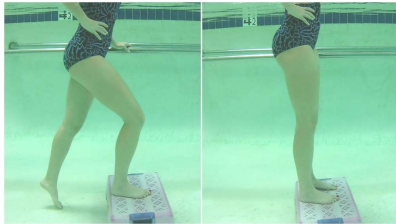
Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



Lunge

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

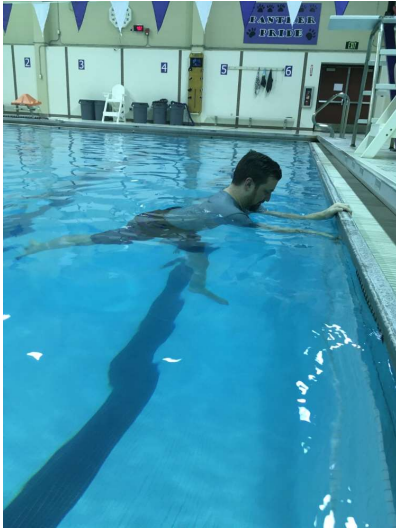
Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



Step UP

Lift the affected lower extremity onto the step, then step up onto the step with both legs and finally step back down with the uninvolved lower extremity.

Repeat 15 Times
Complete 2 Sets
Perform 3 Times a Week



Deep Back Kick

Deep Back Kick: Keep your butt up as high as possible, look down into the water. Start swinging one leg back, then the other to the L position. Emphasis is on strengthening the back swing of the leg.

Repeat 10 Times
Complete 3 Sets
Perform 3 Times a Week



Water Walking with Paddles

Walk Forward and then Backward
 Opposite arm /Opposite leg reaching
 Closed Paddles = more resistance = Harder Exercise

Hold 10 Minutes
Perform 3 Times a Week



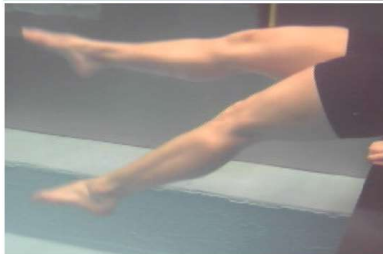
Side ways walking

Walk side ways making sure movement is coming from hips.

Put slight bend in your knees and make sure feet do not rotate outwards.

Face the same direction and walk side ways back toward starting position.

Repeat 15 Times
Complete 2 Sets
Perform 3 Times a Week

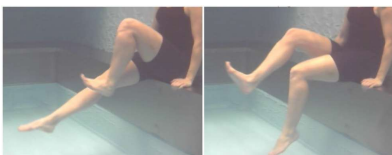


Flutter kicks

Perform exercise sitting on a step. Extend legs out and alternate kicking your feet up and down like you would while you swim.

Video # VVAZJG2XS

Repeat 20 Times
Complete 2 Sets
Perform 3 Times a Week



Bicycling

While sitting on a step. Move your legs as if you are pedaling a bike.

Video # VVQDZNQPT

Repeat 20 Times
Complete 2 Sets
Perform 3 Times a Week