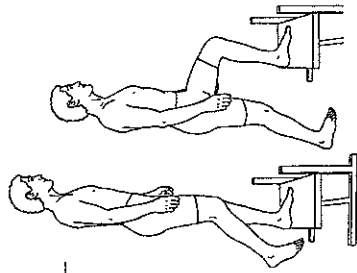


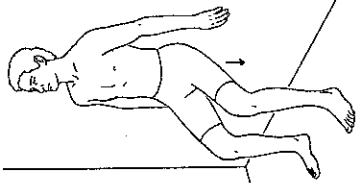
HIP / KNEE - 52 Step-Down / Step-Up



Stand on stair step or 8-inch stool. Slowly bend left leg, lowering other foot to floor. Return by straightening front leg.

Repeat 15-20 times per set.
Do 3 sets per session.
Do 1 sessions per day.

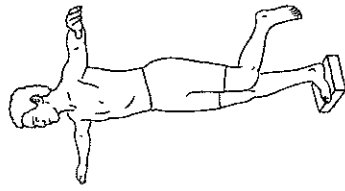
HIP / KNEE - 25 Strengthening: Wall Slide



Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Hold 5-10 seconds. Tighten thigh muscles and return.

Repeat 10-15 times per set.
Do 3 sets per session.
Do sessions per day.

ANKLE / FOOT - 26 Balance: Unilateral - Foam

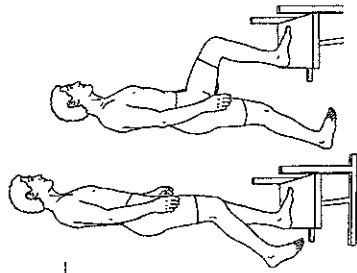


Eyes open, balance with right leg on dense foam. Hold 20 seconds.

Repeat 10-15 times per set.
Do 3 sets per session.
Do 1 sessions per day.

Perform exercise with eyes closed.

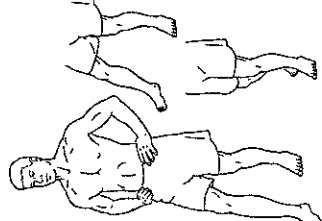
ANKLE / FOOT - 46 Balance / Reach



Stand on left foot, holding 1-5 pound weight in other hand. Bend knee, lowering body, and reach across. Hold 1-2 seconds. Relax.

Repeat 10-15 times per set.
Do 3 sets per session.
Do 1 sessions per day.

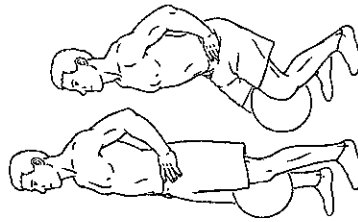
ANKLE / FOOT - 44 Balance: Three-Way Leg Swing



Stand on left foot, hands on hips. Reach other foot forward 5 times, sideways 5 times, back 5 times. Hold each position 2-3 seconds. Relax.

Repeat times per set.
Do 3 sets per session.
Do sessions per day.

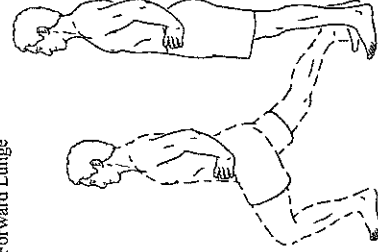
HIP / KNEE - 75 Mini Squat with Ball Squeeze



Stand with ball between knees. Squat with head up, reaching back with buttocks as if sitting down.

Repeat 10-15 times per set.
Do 3 sets per session.
Do 1 sessions per day.

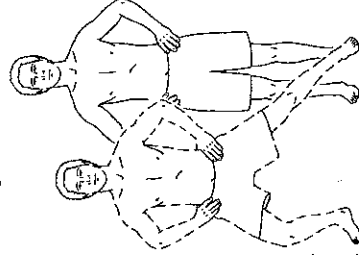
TRUNK STABILITY - 34 Forward Lunge



Standing with feet shoulder width apart and stomach tight, step forward with left leg.

Repeat 10-15 times per set.
Do 3 sets per session.
Do 1 sessions per day.

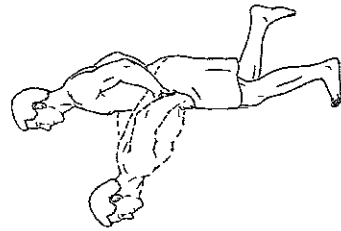
TRUNK STABILITY - 35 Side Lunge



Stand with knees slightly bent, stomach tight. Step to side with right leg.

Repeat 10-15 times per set.
Do 3 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 45 Balance: Unilateral - Forward Lean



Stand on left foot, hands on hips. Keeping hips level, bend forward as if to touch forehead to wall. Hold 5-10 seconds. Relax.

Repeat 10-15 times per set.
Do 3 sets per session.
Do 1 sessions per day.