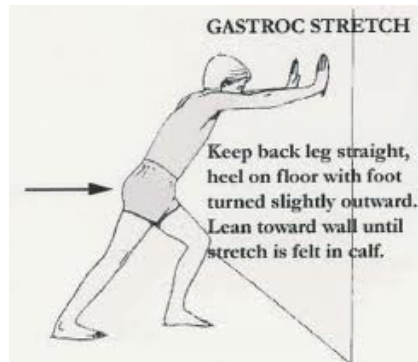


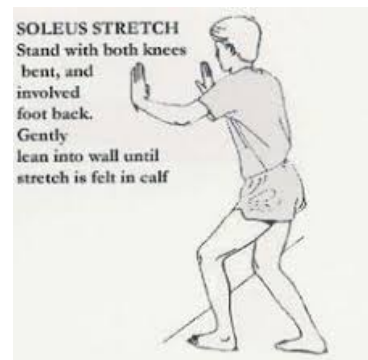
### Gastroc Stretch –

- Place the ball of your foot on the “step”,
- keep your leg straight and
- let your heels sink to the ground.
- Hold this stretch for 30 seconds.



### Soleus Stretch –

- Place the ball of your foot on the “step”,
- slightly bend your knee and
- let your heels sink to the ground.
- Hold this stretch for 30 seconds.



### Single Leg Balance -

- Stand on one foot and
- count how many seconds you can stand without touching the other foot to the ground

### Dyna Disk Balance –

- Stand on one foot on the Dyna Disc
- count how many seconds you can stand without touching the other foot to the ground



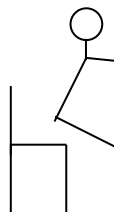
### BOSU Balance –

- Stand on one foot on the black side of the BOSU
- Count how many seconds you can stand without touching the other foot to the ground



### Mini Squats –

- Stand with feet shoulder width apart,
- squat down approximately 45 degrees.
- Hold for 5 seconds and slowly rise up.



### Step Ups –

- Stand behind the step,
- place 1 foot on the step,
- with hips staying level
- step up to straighten your knee,
- Finally slowly lower yourself down to the floor.



### Alphabet –

- sit on a table with your ankle off the edge,
- pretending that your great toe has paint on it
- write out the alphabet in capital letters as large as you can without moving your lower leg.

### Standing Heel/ Toe Raises –

- standing with your feet shoulder width apart,
- SLOWLY raise and lower your heels 20 times,
- then SLOWLY raise and lower your toes 20 times.
- repeat



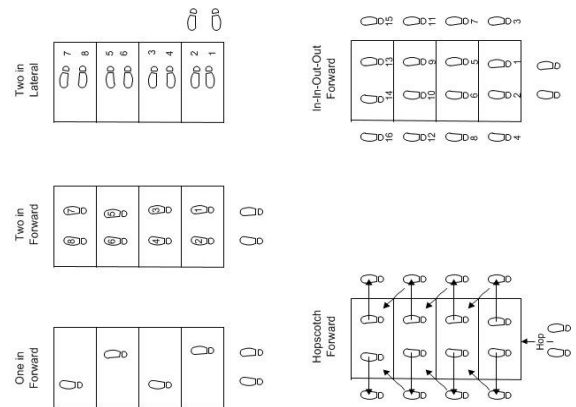
### Step Downs –

- Standing on the box with one leg,
- keeping your hips level,
- SLOWLY lower yourself touching the ground LIGHTLY (as if touching an egg you don't want to break),
- then come back up.



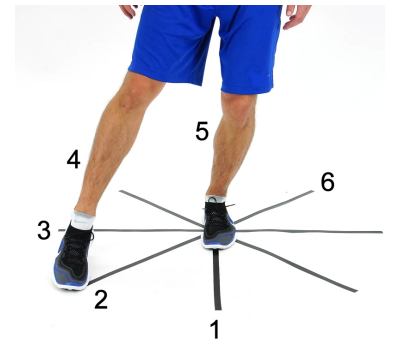
### Ladder –

- Double in single out
- Double in double out
- Single in single out
- Single leg jumping
- In and out w/ both legs together
- Etc.



### Clock Touches –

- Standing with one foot in the middle of the “clock”,
- use your other foot to squat/ lunge out as far as you can to touch the “numbers” lightly (as if you were touching an egg you don't want to break).
- Come back to center, then move to the next “number”



### Clock Pick-up –

- Standing on one foot in the middle of the “clock”,
- reach down, pick up the roll of tape and move it to the next number,
- then stand back up,
- continue doing this with the same hand all the way around the circle.
- Then try it with the opposite hand.



### Slow-mo Skater –

- Starting on your left leg,
- jump to the right (about 3 feet or so)
- without touching the other foot to the ground hold that balance for 3 seconds
- jump back to the left.
- without touching the other foot to the ground hold that balance for 3 seconds



### Play Catch –

- Each partner stands on one leg,
- toss the ball back and forth starting with straight ahead passes.
- Once you get used to this start passing to the right or left shoulder,
- progress to 4 corners (upper right of their reach, lower right, upper left, lower left).

### Quad Sets –

- With leg straight
- contract your thigh muscle to push your knee down.
- Hold this for 10 seconds, then relax
- Repeat

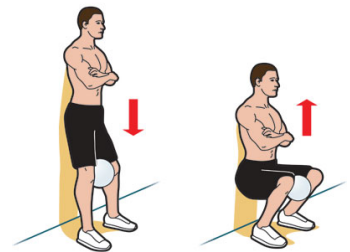
### Straight Leg Raises –

- With one leg bent and one straight, contract your straight leg thigh muscle to push your knee down,
- Raise the leg (keeping it straight) to the height of your bent leg
- Hold it up for 3 seconds,
- Slowly lower the leg keeping it completely straight.



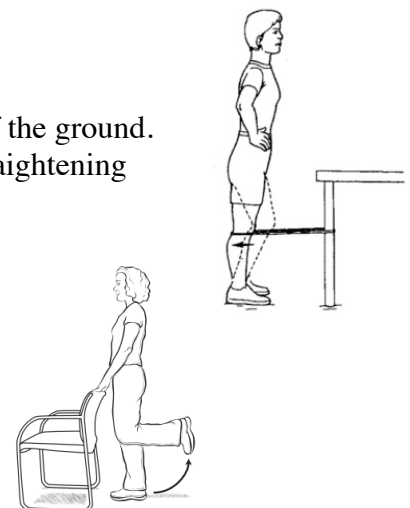
### Wall Squats

- Leaning against the wall with your feet away from the wall the length of your thigh
- Place the ball between your knees
- Slide down the wall until your knees are approximately bent at 90 degrees.
- Hold this position while squeezing the ball



### Total Knee Extensions –

- Place the theraband around your knee.
- Keeping your hips even and body vertical,
- bend your knee all the way forward without lifting your toes off the ground.
- Then press your knee back by first flattening your foot, then straightening your knee.

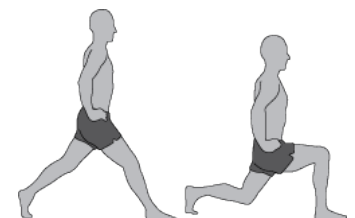


### Hamstring curls –

- put the weight around your ankle firmly.
- Keeping your knees together and even,
- flex your knee towards your butt.
- Hold it at your butt for 3 seconds
- then slowly lower it back down

### Standing lunges –

- Place feet approximately 3 feet apart,
- lower your back knee straight down to the ground without touching,
- then come back up.



Runners Steps –

- Starting with one foot on the “step”,
- quickly alternate feet touching the top of the step
- trying to keep your body as vertical as possible



Theraband 4 way – Keep hips and torso straight

**Hip Extension**

- Attach elastic to secure object at ankle level.
- Loop around ankle.
- Stand, facing toward the pull.
- Extend leg backward, keeping knee straight.
- Slowly return to start position.

**Hip Flexion (Standing)**

- Attach elastic to secure object at ankle level.
- Loop band around ankle.
- Stand, facing away from the pull.
- Extend leg forward, keeping knee straight.
- Slowly return to start position and repeat.

**Hip Abduction**

- Attach elastic to secure object at ankle level.
- Stand with involved leg away as shown.
- Keep knee straight, pull in, moving leg inward.
- Slowly return to start position.

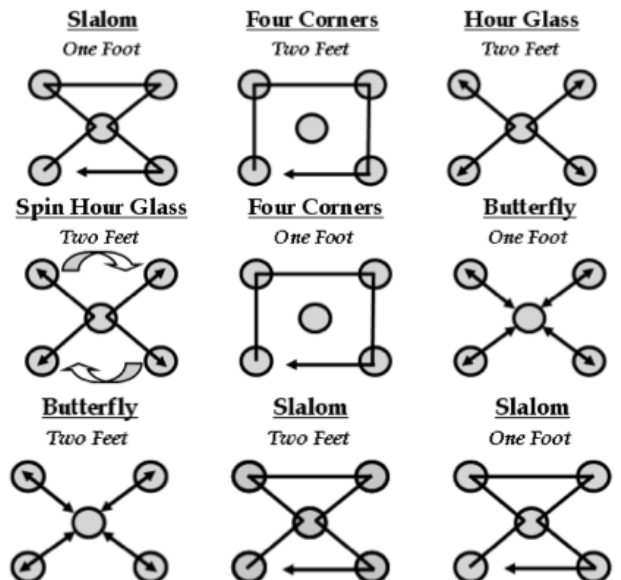
**Hip Adduction**

- Attach elastic to secure object at ankle level.
- Stand with involved leg away as shown.
- Keep knee straight, pull away, moving leg outward.
- Slowly return to start position.

Dot Drill –

- Standing on one leg on the center dot,
- slowly move from dot to dot in the first pattern,
- as you get used to this, you may move faster.
- To progress you can do a reaction version where your partner calls out numbers and you jump to that dot (you will jump to that number then back to the center as quick as you can)

- 1-2-3-4-5
- 1-3-2-3-4-3-5-3
- 1-3-5-2-3-4



Exercise	Difficulty (Easy, moderate, or hard)	MPRESS Phase(s) (none of these are "I")	Progress to make more difficult by.....
Gastrocnemius Stretch			
Soleus Stretch			
Single Leg Balance			
Dyna Disk Balance			
Mini Squats			
BOSU Balance			
Mini Squats			
Step Ups			
Alphabet			
Standing Heel/ Toe Raises			
Step Downs			
Ladder			
Clock Touches			
Clock Pickup			
Slow-mo Skater			

Play Catch			
Quad Sets			
Straight leg raise			
Total Knee Extensions			
Wall Squats			
Theraband 4 way			
Dot Drill			
Hamstring curls			
Standing lunges			
Runners Steps			