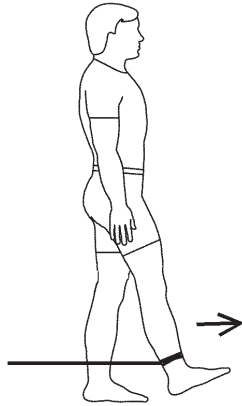


Hips

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.



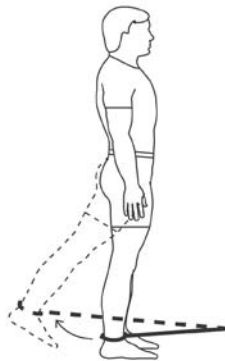
Hip Flexion (Sitting)

- Sit in chair.
- Loop elastic around thigh slightly above knee, stabilize ends of band under opposite foot.
- Lift one leg up, slowly return.
- Repeat.



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.



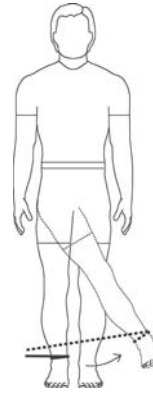
Hip Abduction

- 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.



Hip Adduction

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



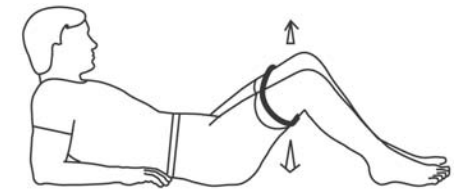
Hip Internal Rotation

- Attach elastic to secure object at ankle level.
- Loop elastic around ankle, positioned as shown.
- Pull ankle outward.
- Slowly return to starting position and repeat.



Hip External Rotation

- Attach elastic to secure object at ankle level.
- Loop elastic around ankle, positioned as shown.
- Pull ankle inward.
- Slowly return to starting position and repeat.

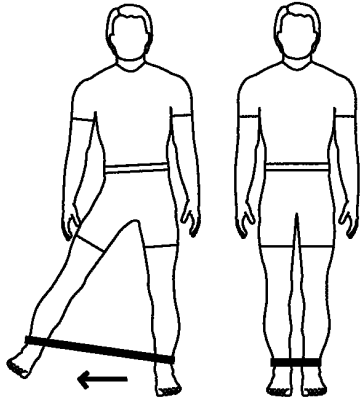
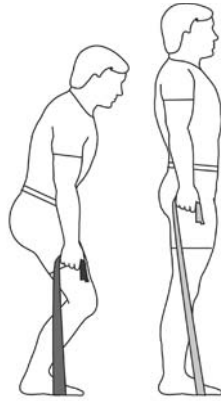


Hip Abduction + External Rotation (Clam)

- Loop elastic around thighs.
- Lie on back propped on elbows with knees bent.
- Move thighs apart.
- Return to start position and repeat.

Dead Lift

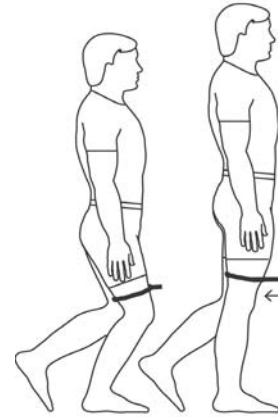
- Stand in middle of tubing with both feet.
- Squat down, grasp ends of tubing in hands and take up all slack.
- Keep elbows and back straight and extend hips to slowly return from the squat to an upright position.



Quick Kicks

- Loop elastic around ankles.
- Kick leg outward and quickly repeat.
- Keep toes pointed straight ahead and do not bend trunk.

Knees

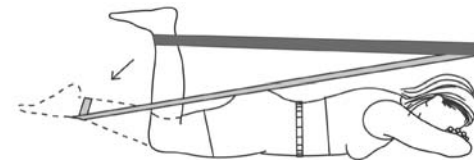
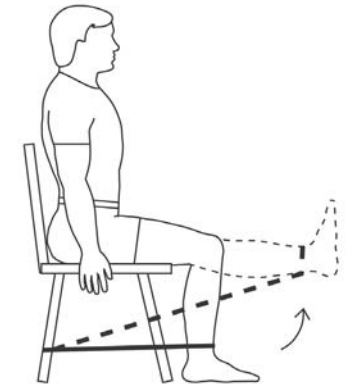


Terminal Knee Extension (TKE)

- Attach elastic to secure object.
- Place elastic around thigh, just above involved knee as shown.
- Stand on involved leg, bent at 45 degrees.
- Toe touch with other leg using secure object to maintain balance.
- Straighten leg, keeping heel on floor.
- Slowly return to start position.

Knee Extension (Sitting)

- Attach elastic to ankle of involved leg.
- Secure behind as shown.
- Sit, with leg bent to 90 degrees, as shown.
- Straighten leg at knee.
- Slowly return to start position.

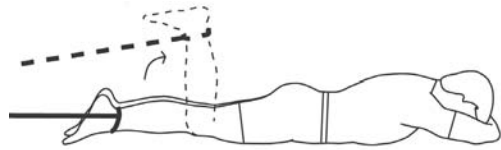
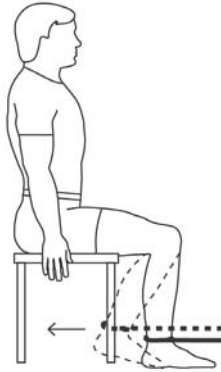


Knee Extension (Prone)

- Lie face down, attach elastic to ankle.
- Attach other end of elastic to secure object near head or shoulders.
- Begin with knee bent.
- Extend knee against pull of band.
- Slowly return to start position and repeat.

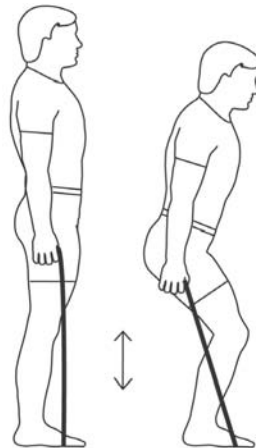
Knee Flexion (Sitting)

- Attach elastic to secure object.
- Sit in chair, attach elastic to ankle of involved leg as shown.
- Pull heel under chair through full range, as shown.
- Slowly return to starting position.



Knee Flexion (Prone)

- Attach elastic to secure object.
- Attach elastic to ankle of involved leg as shown.
- Lie face down.
- Begin with knee straight.
- Bend knee through available range.
- Slowly return to starting position.



Minisquat

- Place elastic under feet, hold in hands and keep elbows straight.
- Stand with feet shoulder distance apart.
- Slowly bend knees to 45 degrees.
- Return to standing position.
- Slowly return to start position and repeat.

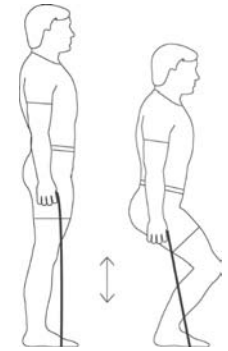
Leg Press*

- Sit in chair.
- Loop elastic around bottom of foot as shown.
- Hold elastic in both hands.
- Push leg down straightening at knee.
- Slowly return to start position and repeat.



Squat

- Stand on both legs.
- Hold elastic in both hands, elbow straight.
- Place elastic under feet.
- Bend knees to 90 degrees.
- Pull to add tension to elastic.
- Straighten knees.
- Slowly repeat.



Lunge*

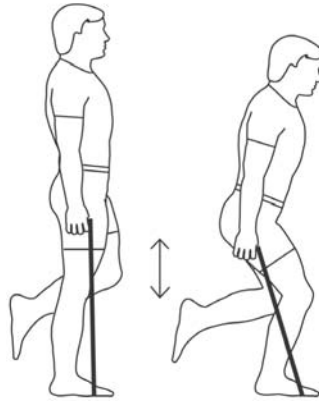
- Stand with one foot on middle of band. Grasp ends of band and loop around hands at chest level, keeping elbows bent.
- Place other leg behind with knee slightly bent.
- Keep trunk straight and bend front knee, lowering body downward.
- Slowly return to upright position and repeat.



**Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.*

1-leg minisquat

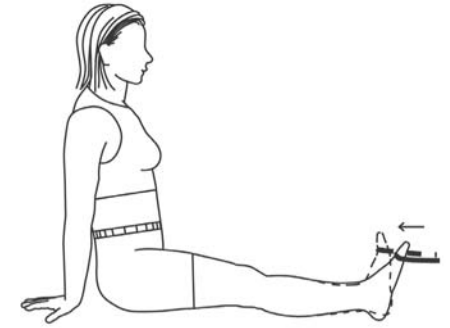
- Place elastic under foot of involved leg, hold elastic in hands.
- Stand on involved leg.
- Slowly bend knee to 45 degrees, Keep back straight.
- Straighten knee.
- Slowly repeat.



Ankle

Ankle Dorsiflexion*

- Sit on floor or couch with leg in front.
- Attach elastic to secure object in front of foot.
- Attach other end of elastic to forefoot.
- Pull foot backward toward shin.
- Slowly return and repeat.



Ankle Plantarflexion*

- Sit on floor or couch with leg in front.
- Hold elastic in hands.
- Attach other end of elastic to forefoot.
- Push foot forward.
- Slowly return and repeat.

Ankle Inversion

- Attach elastic to secure object
- Sit on floor with leg straight.
- Attach elastic to forefoot.
- Pull foot inward as shown.
- Slowly return and repeat.



Ankle Eversion

- Attach elastic to secure object
- Sit on floor with leg straight.
- Attach elastic to forefoot.
- Pull foot outward as shown.
- Slowly return and repeat.

**Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.*