

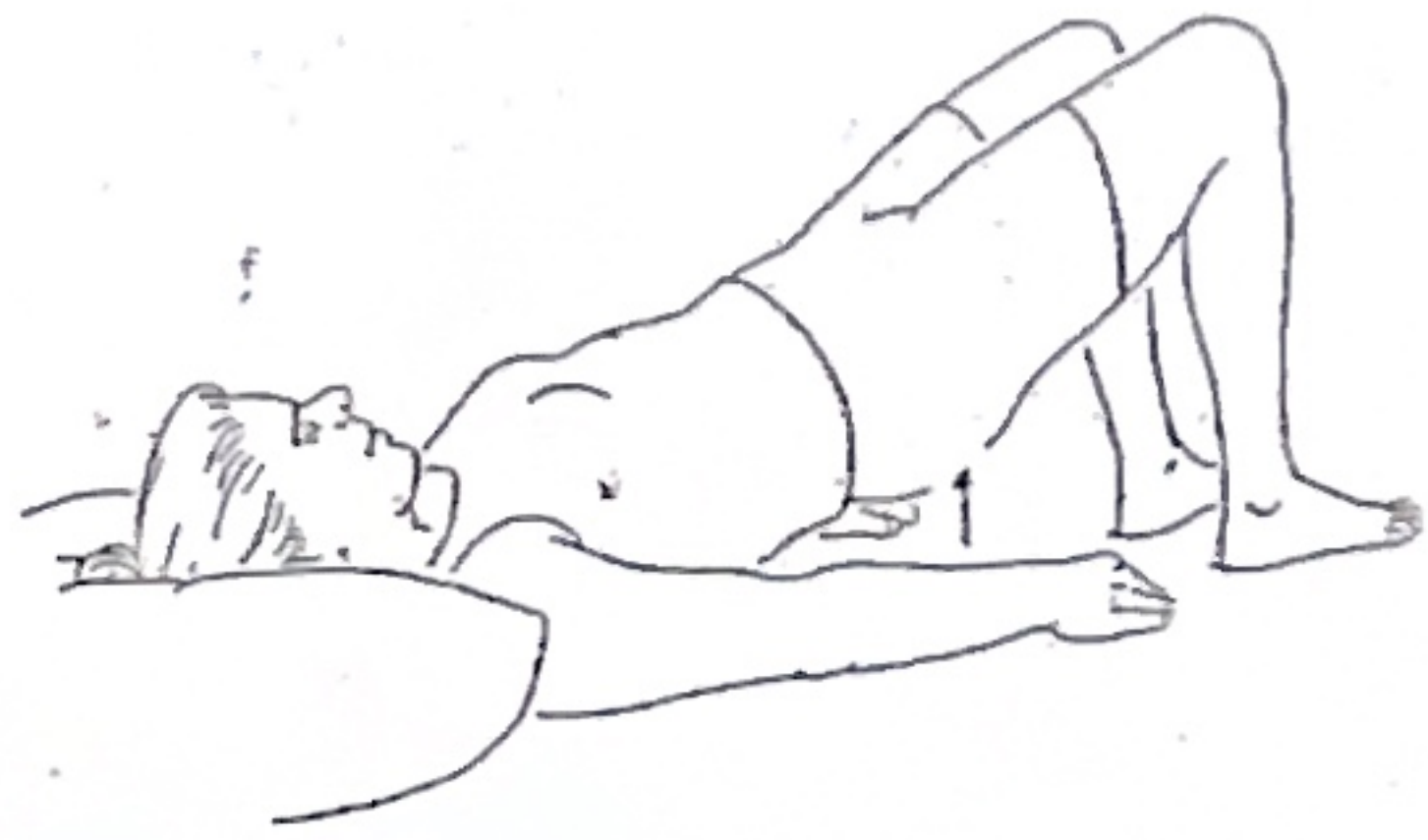
BACK - 35 Lumbar Rotation (Non-Weight Bearing)

Feet on floor, slowly rock knees from side to side in small, pain-free range of motion. Allow lower back to rotate slightly.



Repeat 20 times per session. Do 2 sessions per day.

TRUNK STABILITY - 9 Bridging



Slowly raise buttocks from floor, keeping stomach tight.

Repeat 10 times per session. Do 2 sessions per day.

FUNCTIONAL MOBILITY - 30 PRE GAIT: Marching

March in place by lifting left leg, then right. Alternate.



Perform this exercise for 2 minutes per session. Do 2 sessions per day.

Hold onto a sturdy support as needed.

HIP / KNEE - 77 Functional Quadriceps: Sit to Stand

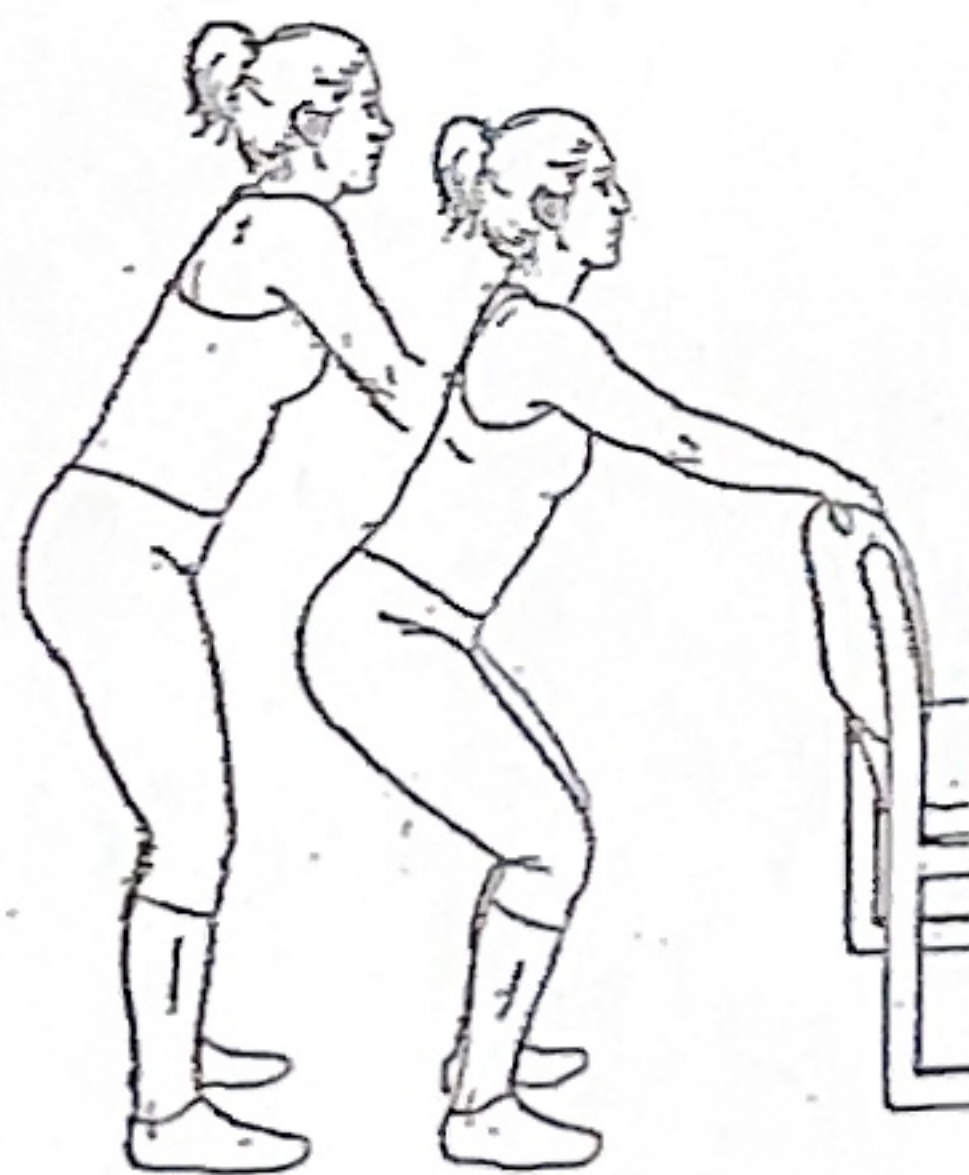
Sit on edge of chair, feet flat on floor. Stand upright, extending knees fully.



Repeat 10 times per set. Do 3 sets per session. Do 2 sessions per day.

HIP / KNEE - 78 Functional Quadriceps: Chair Squat

Keeping feet flat on floor, shoulder-width apart, squat as low as is comfortable. Use support as necessary.



Repeat 10 times per set. Do 3 sets per session. Do 2 sessions per day.