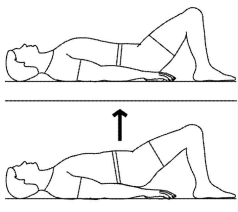
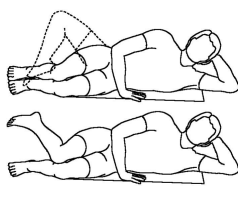
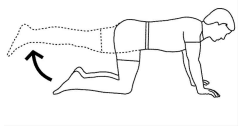
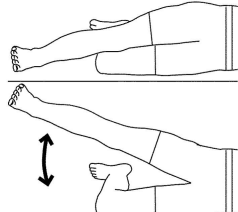
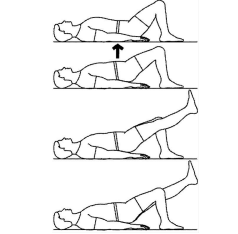
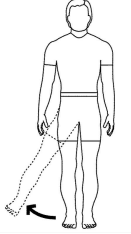


<p>Bridging</p>  <ul style="list-style-type: none"> • Lie on back with knees bent. • Lift buttocks off floor. • Return to start position. <p>Special Instructions: Maintain neutral spine.</p> <p>Perform 3 sets of 10 Repetitions, once a day. Perform 1 repetition every 4 Seconds.</p>	<p>Clam</p>  <ul style="list-style-type: none"> • Lie on left side, keeping back straight and neck supported with left hand as shown. • Hips should be flexed to about 30 degrees, knees at 90 degrees so legs are slightly in front, keeping toes pointed. • Tighten abdominals, inhale and lift right leg and knee, and touch toes of right leg to left ankle. • Exhale, lower knee and rotate right leg so ankle lifts up, then lower. • Repeat series lying on right side. <p>Perform 3 sets of 5 Repetitions, once a day. Perform 1 repetition every 4 Seconds.</p>
<p>Four point leg extend</p>  <ul style="list-style-type: none"> • Begin kneeling on all fours. • Lift leg up and back. • Lower leg. • Lift opposite leg and lower. • Repeat. <p>Special Instructions: Maintain neutral spine and do not allow low back to twist.</p> <p>Perform 2 sets of 10 Repetitions, once a day. Perform 1 repetition every 4 Seconds.</p>	<p>Side leg raise</p>  <ul style="list-style-type: none"> • Lie on uninvolved side, with lower knee bent for stability. • Keep knee straight on involved leg, lifting leg upward. • Return to start position and repeat. <p>Special Instructions: Do not roll trunk forward or backward.</p> <p>Perform 2 sets of 10 Repetitions, once a day. Perform 1 repetition every 4 Seconds.</p>
<p>Single leg alternating bridge</p>  <ul style="list-style-type: none"> • Lie on back with knees bent. • Lift buttocks off floor. • Extend one leg and return leg to floor. • Extend other leg and return leg to floor. • Lower buttocks. • Repeat. <p>Special Instructions: Maintain neutral spine.</p> <p>Perform 2 sets of 10 Repetitions, once a day. Perform 1 repetition every 4 Seconds.</p>	<p>Side leg kickout</p>  <ul style="list-style-type: none"> • Stand. • Keep knee straight, moving involved leg outward. • Return to start position. <p>Special Instructions: Keep trunk upright.</p> <p>Perform 3 sets of 10 Repetitions, once a day. Perform 1 repetition every 3 Seconds.</p>

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Dr. Levi G. Merritt

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Double calf raise on stability trainer



- Stand with right foot on Stability Trainer.
- Rise up on toes and slowly return.
- Repeat.
- Use support if needed.

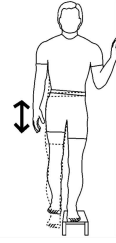
Special Instructions:

Progress exercise by performing with eyes closed.

Perform 3 sets of 10 Repetitions, once a day.

Perform 1 repetition every 2 Seconds.

Hip hike



- Stand on a elevated step on one leg as shown.
- Keeping knees straight, lift hip as high as possible, and lower.
- Repeat.

Perform 1 set of 8 Repetitions, once a day.

Hold exercise for 4 Seconds.

Barbell squat



- Place barbell over shoulders, behind head.
- Grip bar firmly with hands, elbows bent to 90 degrees.
- Feet should be about shoulder distance apart.
- Slowly bend knees, keeping back straight.
- Return to start position and repeat.

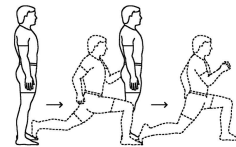
Special Instructions:

Use a spotter if you are not sure you can perform all the repetitions.

Perform 2 sets of 15 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

Forward lunge step

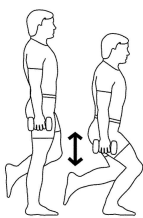


- Begin standing. Step forward with right leg into a deep lunge and squat.
- Step forward into standing.
- Step forward with left leg into deep lunge and squat.
- Step forward into standing.
- Repeat lunge and squat stepping.

Perform 2 sets of 10 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

DB single leg squat



- Stand on one leg.
- Hold weights in both hands.
- Bend knee to 90 degrees.
- Straighten knee.
- Repeat.

Perform 2 sets of 5 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

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