

## EXTREMITY EXERCISES

**E1 ( )**



**Supine Heel Slides with Ball on Wall** \_\_ reps, \_\_ sec hold, \_\_set

Place feet on the ball, roll ball up and down the wall by bending and straightening your knees.

Try to be smooth with motion and maintain control.

**E2 ( )**



**Heel Slides** \_\_ reps, \_\_ sec hold, \_\_set

Slide heel up toward buttocks (knee flexion) and then downward (knee extension).

Try to be smooth with motion and maintain control

**E3 ( )**



**Supine Leg Press:** \_\_ reps, \_\_ sec hold, \_\_set

Lie on back with the knee and hip bent to 90 degrees. Wrap resistance band around foot.

Straighten leg, keeping your heel in line with your knee.

**E4 ( )**



**Quadricep Contractions:** \_\_ reps, \_\_ sec hold, \_\_set

Put a towel or roll under knee

Contract quadriceps

Repeat to fatigue muscle

Avoid crepitation / "crunching sounds" in the knee

**E5 ( )**



**Ankle Alphabet:** \_\_\_reps, \_\_ set

Sit on the floor with your leg extended.

Support lower leg with towel roll.

Draw each letter of the alphabet, "A", "B", etc

**E6 ( )**



**Soleus Stretch:** \_\_reps, \_\_ sec hold, \_\_set

Stand near a wall.

Step back with your involved leg.

Bend both knees to begin the stretch.

**E7 ( )**



**Resisted Side Stepping:** Perform \_\_\_\_ days/week

Stand with feet apart with a band around your ankles. Turn toes inward slightly. Keep knees bent about 30 degrees. It will feel like you are "knock-kneed".

Raise your knee up and take a step sideways.

Think about step over a broomstick and lead with the heel. Return to starting position

Step sideways \_\_\_\_ feet/steps. Repeat to the other direction

**E8 ( )**



**Resisted Tire Walk Walk: \_\_\_\_\_ feet/steps**

Stand with feet apart with a band around your ankles.  
Keep feet wide take short steps forward. \*(Think about walking through tires).  
This exercise can also be performed walking backwards.

**E9 ( )**



**Squat Jumps: Perform \_\_\_\_\_ repetitions. Repeat \_\_\_\_\_ times/day.**

Start with overly wide stance.  
Squat downward (allow hips/buttocks to descend between knees), then jump and reach as high as controllable.  
Attempt to land quietly and absorb impact back into squat position.

**Stretching Guidelines:**

- Always stretch to relax your muscles by focusing on isolating the muscle and your breathing.
- Stretch to tolerance with deliberate focus on relaxing the targeted muscle group.
- Do not stretch to the point of pain because pain tightens muscles and defeats the purpose of stretching.
- Move slowly in and out of your stretches, do not make quick or jerky movements and do not bounce with stretching. Hold your stretches for the instructed amount of time, including reps and sets.
- If you have pain, burning, numbing, tingling or any other ill-effects from stretching, *stop ALL* stretches and home therapy recommended by our office and call Dr. Parks at 336.993.9690