



STRETCHING EXERCISES - DAILY

Begin with a light warm-up for 10-15 minutes such as walking, biking on stationery bike, marching in place (aerobic activities should be selected that minimize joint stress). If pain, stiffness and fatigue are barriers to exercise, you might benefit from a warm shower or warm compress prior to exercise. Always maintain a steady stretch, never bouncing and do not force a stretch (go to the point of mild tension but not pain). Stretches may have a range of time to hold. Start with the shortest time and work your way to the longest time as you feel comfortable. For each additional repetition, try to stretch just a little further as you are able to do without pain. Remember to breathe throughout the stretch.

SITTING HAMSTRING STRETCH



Sit on floor and straighten right leg in front of you and bend left leg so that the foot is towards the knee of your outstretched leg. Reach out and lean forward from the hips. Repeat on left side.

Hold 15-30 seconds | 3 reps each leg

QUADRICEP STRETCH



Hold your right foot with your right hand and gently pull your heel toward your bottom. Repeat on left side.

Hold 15-30 seconds | 3 reps each leg

CALF STRETCH



Take a large step forward with your right foot. With your back foot flat on the floor and pointing forward, transfer your weight onto the front leg until you feel the stretch in the calf of the back leg. Repeat on left side.

Hold 15-30 seconds | 3 reps each leg



STRENGTHENING EXERCISES- 2/3 TIMES A WEEK (NONCONSECUTIVE DAYS)

Strengthening activities should start at a relatively low intensity and gradually progress as pain tolerates.

SEATED LEG RAISE



Sit on a sturdy chair. Rest your feet on the floor with your knees bent at 90-degree angles. Lift and straighten your right leg and hold. Lower back down and repeat. Switch legs.

3 sets | Hold 3-5 seconds | 10-15 reps each side

HAMSTRING CURL



Stand and bend your knee, bringing your heel towards your bottom. Slowly lower your foot back down to the floor. Repeat with other leg. Focus on contracting the muscles at the back of your thigh to start the movement.

3 sets | 8-12 reps each leg

CHAIR SQUAT



Stand in front of a chair with feet hip-width apart. Keep your back straight, abs tight and head up. Lower your body by squatting, pushing your bottom back to a level 2 inches above chair. Do not sit. Hold then push through your heels as you stand and return to the starting point.

Hold 3-5 seconds | 3 sets | 8-12 reps

STEP UP



Stand facing the bottom stair or a single step. Step up onto the first stair leading with the left leg. Without turning round, step both feet back down leading with the left leg. Repeat leading with the right leg. **Side Step down-** Stand sideways on top of a step. Slowly lower one leg and then bring it back up, keeping the other foot firmly on the step. Switch legs

3 sets | 8-12 reps each leg



STRENGTHENING EXERCISES - - 2/3 times a week (nonconsecutive days) continued

LUNGE



Stand with one foot forward and the other back. Keeping your torso straight and the back foot up on your toes, bend your knees and lower your body down until the back knee is a few inches from the floor. The front thigh should be parallel and your knee directly over your ankle. Hold briefly then return to starting position, push up through the legs keeping your back straight. After completing reps, switch legs and bring the other leg forward.

3 sets | 8-12 reps
