



QUAD SET - SEATED

While sitting, tighten your quad muscle (front of thigh) to press the back of your knee downward towards the ground.

Knee should be straight throughout.

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



BALL SQUEEZE - SEATED

While sitting, place a ball between your knees. Squeeze the ball with your knees and hold.

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



HIP ABDUCTION - BILATERAL- SEATED

Start by sitting close to the edge of a chair with knees bent and both feet on the floor.

Next, move your knees out to the side as shown and then return to straight ahead.

Maintain contact of your feet on the floor the entire time.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Time(s) a Day



MARCHING - SEATED

While seated in a chair, lift your knee up toward the ceiling then slowly bring it back to the floor.

Avoid rotation at the hips.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Time(s) a Day



LONG ARC QUAD - SEATED

While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards.

Make sure to squeeze your top muscle as you leg straightens.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Time(s) a Day



Seated Toe Lifts

Start: Seated in chair, with upright posture and feet flat on floor.

Movement: Raise both feet off the floor as high as possible, keeping heels in contact with floor.

End: Lower toes back to floor. Repeat

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Time(s) a Day



Seated Heel Raises

Start: Seated in chair, with upright posture and feet flat on floor.

Movement: Raise both heels off the floor as high as possible, keeping toes in contact with floor.

End: Lower heels back to floor. Repeat

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Time(s) a Day