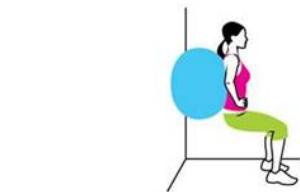


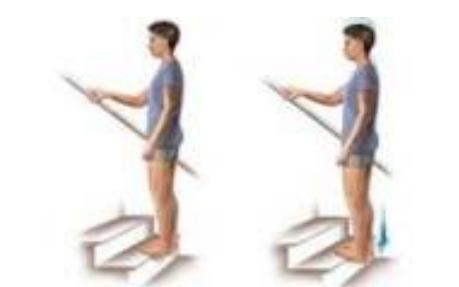


Blue Hills SPORTS & SPINE Rehabilitation



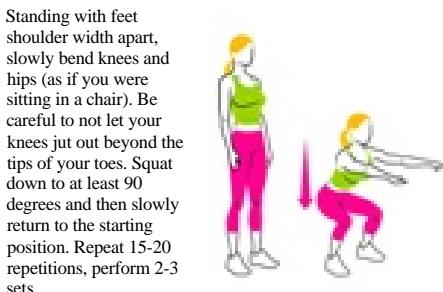
With a physio ball behind your back (or a towel on a smooth wall), your feet about 2 feet away from the wall and shoulder width apart, slowly bend your knees and hips until you are at a 90 degree angle at both your hip and knee joints. Slowly return to the starting position. To make this harder, hold some dumbbells in your hands

Repeat 10-15 times



Standing on the edge of a step or stair, keep your knees straight and let your heels drop below your toes, then, slowly raise up onto your toes. Repeat this 15-20 times, 2-3 sets. To make it more difficult, try holding some dumbbells

With your back against the wall and your feet shoulder width apart and about 2 feet away from the wall, slide you back down the wall to a position that you are in a "sitting" posture. Hold this position for 10-15 seconds and slide back up to standing. Repeat 10-15 repetitions.



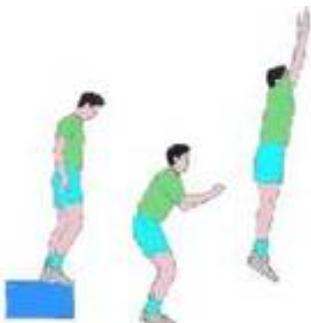
Standing with feet shoulder width apart, slowly bend knees and hips (as if you were sitting in a chair). Be careful to not let your knees jut out beyond the tips of your toes. Squat down to at least 90 degrees and then slowly return to the starting position. Repeat 15-20 repetitions, perform 2-3 sets.

Theraband Shuffle

Wrap a loop of theraband around the insteps of both feet. With a slight bend in your knee, lift one leg off the floor, striding to the side against the resistance of the theraband. After a wide stride (15"-20"), place the foot down and then allow the stationary leg to lift off the ground and slowly bring it towards your other leg. Do not drag the feet.

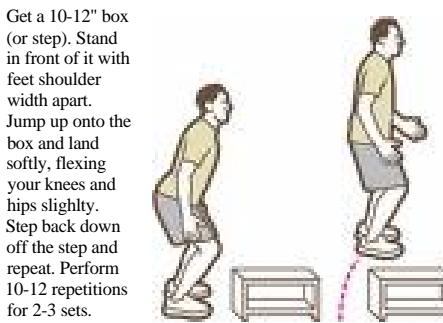


Perform 10 strides in each direction
Repeat 2-3 sets

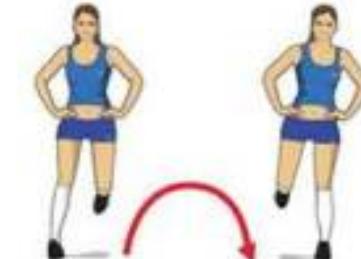


Start on a 8" (or higher) step or box. Jump off the box, landing evenly on both feet and absorbing the landing with your hips and knees and then immediately jump again, as high as you can.

Repeat 10 repetitions
Perform 2 sets



Get a 10-12" box (or step). Stand in front of it with feet shoulder width apart. Jump up onto the box and land softly, flexing your knees and hips slightly. Step back down off the step and repeat. Perform 10-12 repetitions for 2-3 sets.



Standing with feet together, jump to one side, landing on one foot. Balance for a few seconds and then jump back to the other side. Repeat 12-15 jumps per side. Perform 2-3 sets



Standing with both feet about 6" apart, jump to one side, landing softly with knees and hips slightly flexed. Repeat by jumping back to the other side.

Repeat 10-15 times for 2-3 sets



Stand with both feet together, take a large step forward with one foot and then slowly bend both front and back knees to 90 degree ankles, lowering your back knee to the floor. Then rise to standing and then step forward with the other foot, repeating the same process. Perform 10-12 strides, perform 2-3 sets. Add dumbbells to make it more challenging.

Lay down on the floor with your elbows lined up under your shoulders, with an arch in your back. Now, tighten your trunk muscles and raise your belly off the floor so you are supported by just your forearms and toes. Hold this for 20-30 seconds. Repeat 3-4 times. Try to build up to a single 2 minute hold.

