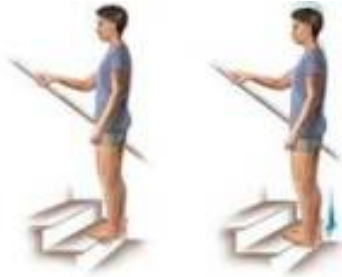




Braintree: 340 Wood Road, Suite 303 781-535-6053
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Plymouth: 45 Resnik Road 508-340-1480
Boston/North Station: 30 Lancaster Street 617-367-4700



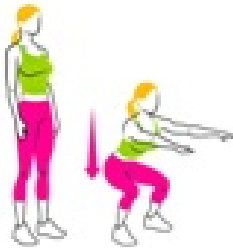
Standing on the edge of a step or stair, keep your knees straight and let your heels drop below your toes, then, slowly raise up onto your toes. Repeat this 15-20 times, 2-3 sets. To make it more difficult, try holding some dumbbells



With a physioball 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 with feet shoulder width apart, slowly bend knees and hips (as if you were sitting in a chair). Be careful not to 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.



Step Ups with Leg Lift

Place your right foot on a step or bench and put your hands on your hips. Push yourself up until your right leg is straight and you're standing on the bench. Squeeze your glute to raise your left leg as far behind you as possible without arching your back. Reverse to return to start. That's one rep. Repeat on the left leg. Alternate sides for a total of 12 to 15 reps.



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

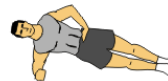
Sidelying Clamshell



Start by lying on your left side, with your knees bent. Put your right leg on top of the left with the feet together. Maintain a neutral spine. Don't let the top hip move backwards. From this position, raise your knee slowly using your gluteus medius. Hold it on top position for 5 seconds. Slowly lower it back. Do 15-20 repetitions

Side Plank

Side Plank
1. Lie on your side with your right hand on the ground or use an exercise mat. For beginners, it is recommended to begin this exercise on your elbow.
2. Lift yourself up to form a plank with your right arm straight and your left arm on your side.



Hold for _____ seconds,
Repeat _____ times
Targeted Muscles: Abdominals, Hips, Low Back

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.



Physioball Hamstring Curl

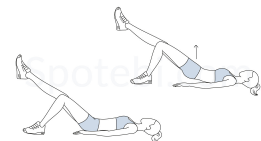


Lying on back place ball under heels. Start with knees straight, lift bottom up and then curl ball towards bottom by bending your knees. Then roll the ball out straight again keeping bottom up and knees straight. Repeat 10 times, Do 2 sets. Do 1 session per day.

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 angles, 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.



Single Leg Bridge/Glute Lift



Lie on floor or mat. Place one leg straight and bend the other leg with foot flat on floor or mat. Place arms down on mat to each side of hips. Raise body by extending hip of bent leg, keeping extended leg and hip straight. Return to original position by lowering body with extended leg and hip straight. Repeat and continue with opposite sides.