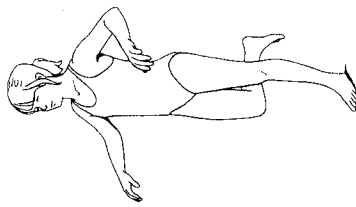


West County Sports Fitness & Rehabilitation
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ANKLE / FOOT - 15
One-Foot Balance



Attempt to balance on involved leg. Keep knee unlocked and hips level. Begin with eyes open, then try to perform exercise with eyes closed. Hold 10-15 seconds.

Repeat 5 times per set.
Do 1 sets per session.
Do 1 sessions per day.

Squat

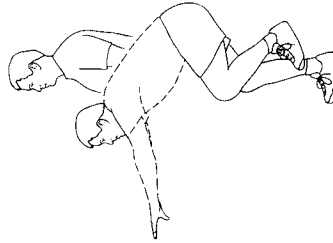


Standing with feet shoulder width apart, bend knees as if to sit back into a chair. Making sure knees do not extend beyond feet.

Hold 5 seconds.

Repeat 10-20 times.
* You should not experience any knee pain with this exercise.

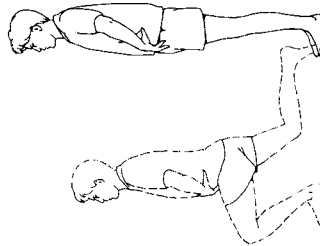
LOWER EXTREMITY - 4 Mini Squat: Single Leg



Stand on right foot. Reach forward for balance and do a mini squat. Keep knees in line with second toe. Knees do not go past toes.

Repeat 15 times.
Do 1-2 sets per session. Do 1 sessions per day.

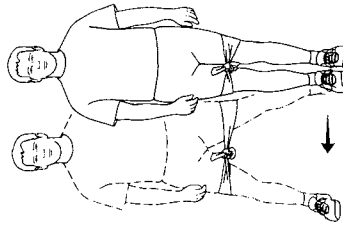
TRUNK STABILITY - 34
Forward Lunge



Standing with feet shoulder-width apart, keep stomach muscles tensed and step forward with one leg. Other knee should almost touch the floor. Return. Repeat with other leg.

Repeat 15 times per set.
Do 1-2 sets per session.
Do 1 sessions per day.

LOWER EXTREMITY - 8 Band Walk: Side Stepping

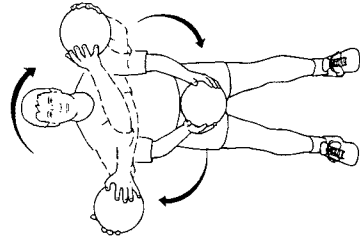


Tie band around legs, just above ankles. Step 40 feet to one side, then step back to start.

Repeat 1-2 minutes per session. Do 2 sessions per day.

Note: Small towel between band and skin eases rubbing.

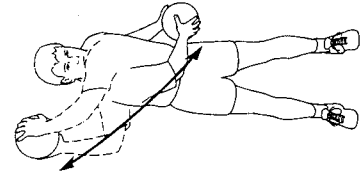
MEDICINE BALL - 40 Trunk: Circle



Hold a 1-4 pound ball with arms straight. Move arms in a sideways figure eight.

Repeat 15 times per set.
Do 1-2 sets per session.
Do 4 sessions per week.

MEDICINE BALL - 42 Trunk: Hip Chop



Hold a 1-4 pound ball at one hip. Quickly move ball from hip to above opposite shoulder and quickly return.

Repeat 15 times.
Repeat from other side for set.
Do 1-2 sets per session.
Do 4 sessions per week.

NOTE: Allow hips to rotate.