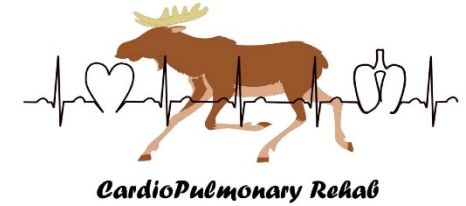


## Lower Body Home Routine



Warm Up -(use a wall or back of chair as needed for balance)

Step Forward, Center, Step Back

X10 on each leg







Step side, center, step other side x 10



As you get use to the movement and try it with your favorite kind of music!  
Once it becomes easy and you have your balance, start incorporating some arm movement  
Make it a little dance if you want ©

## Exercise Rules:

- ❖ Do the exercises ONLY if pain free. Note which exercises are painful and specific movement the pain occurs.
- ❖ ALWAYS start with a good base of support (Both feet flat on floor, shoulder width apart; standing tall with good posture.)
- ❖ Keep trunk STILL with each exercise.

<p>Chair Squat</p> 	<p>Use arms for balance only.</p> <p>Start with a shallow squat as shown in the picture. Notice knees don't pass your toes!</p> <p>As this squat becomes easier you may deepen your squat as long as it REMAINS PAIN FREE. Limit squat to 90 degree bend or chair touch.</p> <p><i>Sense the thighs working</i></p>	<p>Reverse Lunge</p> 	<p>Start by holding the back of a chair.</p> <p>Step one foot back then bend the knees as the picture shows.</p> <p>Notice how his front knee stays behind his toes and his back knee are in a straight line with his back and head.</p> <p><i>Sense the front thigh muscles working</i></p>
<p>Leg Abduction</p> 	<p>Without lifting your hip and keeping your toe pointed forward, lift your leg out to the side as shown in the picture.</p> <p><i>Sense the side of the buttocks working</i></p>	<p>Hip Extension</p> 	<p>Start with both feet together. Lift one leg backwards, keeping toe pointed forward.</p> <p>Should be small movement! Anything more will arch the lower back and may cause pain.</p> <p>Can use a small step or block so the foot does not drag on the ground.</p> <p><i>Sense the buttocks working</i></p>

For each exercise complete 10 repetitions, rest for 30-60 seconds, and repeat up to 3 times

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### Forward Lunge



Standing behind stable object, step forward with leg and lower your weight toward the floor while keeping your front knee over your foot.

By bending both knees, straighten legs to return to standing.

*Sense the front thigh muscles working*

### Heel Raise



Holding onto a stable object, press through toes as you lift heels high off the ground. Slowly lower.

*Sense the calf muscles working*

### Mountain Climbers



Place hands on wall slightly above shoulder height. With trunk still and navel pulled in toward spine, slowly bring one knee up no higher than pictured. Slowly lower.

Perform ten repetitions on one leg or alternate legs, assuring that trunk does not move during exercise.

For each exercise complete 10 repetitions, rest for 30-60 seconds, and repeat up to 3 times