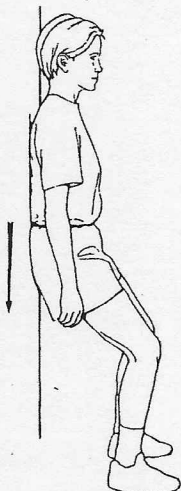


LOWER EXTREMITY - 11
 Quad Strength: Quarter Squat

With feet shoulder-width apart and back against wall, slide down wall until knees are at 30-45°. Return.

Repeat 20-30 times
 or for _____ minutes.
 Do _____ sessions per day.

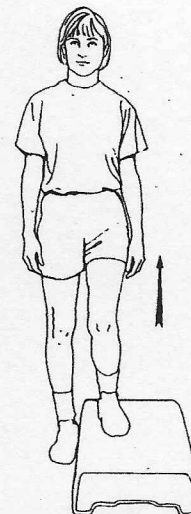
CAUTION: You should not bend knees deep enough to cause pain.



LOWER EXTREMITY - 4
 Quad Strength: Single-Leg Step-Up

With foot of involved leg on step, straighten leg. Return.

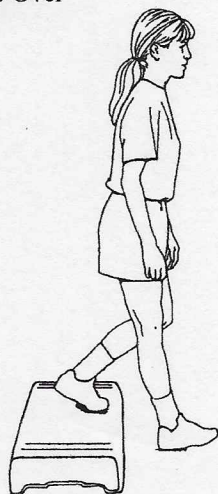
Use 5-7 inch step.
 Repeat 10-30 times
 or for _____ minutes.
 Do _____ sessions per day.



LOWER EXTREMITY - 8
 Quad Strength, Proprioception: Step Over

Step forward with involved leg onto step. Step over with other leg, touching heel to ground with no weight on heel. Return to start.

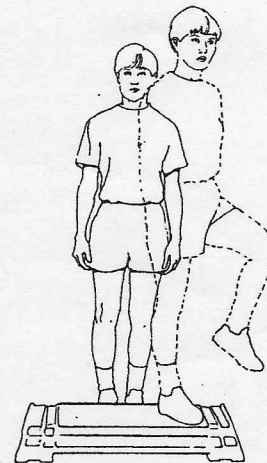
Use 5-7 inch step.
 Repeat 10-30 times
 or for _____ minutes.
 Do _____ sessions per day.



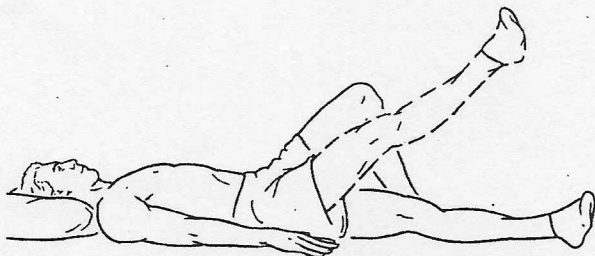
LOWER EXTREMITY - 9
 Coordination, Quad Strength, Proprioception, Timing:
 Diagonal Step-Up

Place right foot on step at 45° toward left. Thrust left knee into air and return to start. Switch legs and repeat.

Use 5-7 inch step.
 Repeat 10-30 times
 or for _____ minutes.
 Do _____ sessions per day.



HIP / KNEE - 74 Straight Leg Raise:
 With External Leg Rotation

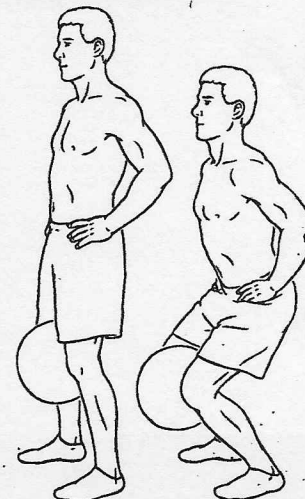


Lie on back with right leg straight, opposite leg bent. Rotate straight leg out and lift _____ inches.
 Repeat 10-15 times per set. Do 2-3 sets per session.
 Do _____ sessions per day.

HIP / KNEE - 75 Mini Squat: With Ball Squeeze

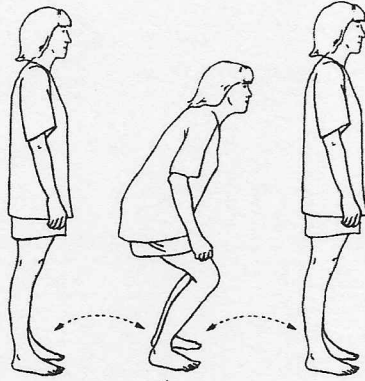
Stand with ball between knees. Squat with head up, reaching back with buttocks as if sitting down.

Repeat 10-15 times per set.
 Do 2-3 sets per session.
 Do _____ sessions per day.



STANDING DYNAMIC - 18
Jumping

With both feet, take a 1-2 inch jump forward. Return to starting position. Repeat while jumping backward with return to starting position after each jump.



Repeat 10 times

Hold 1 or both of your child's hands for balance

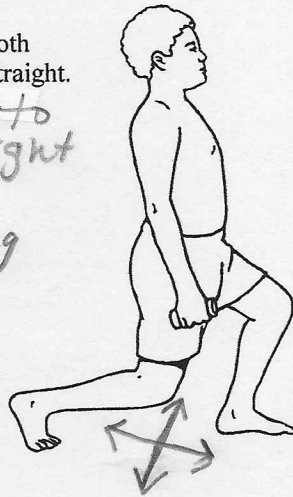
STRENGTHENING - 57 Lunge

Step Rock 1 leg forward. Bend both knees, keeping head and back straight. Bring foot back to Standing Straight

Repeat 10 times. each leg
Do 1-3 sets of 10.

CAUTION: Move slowly.

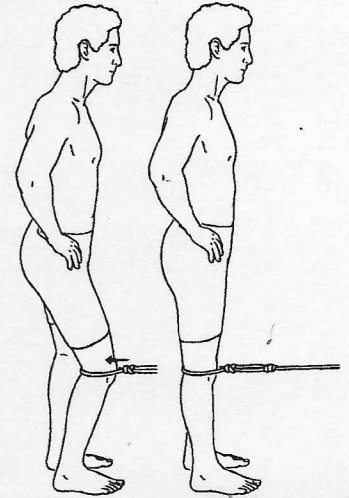
Hold 1 or both of your child's hands for balance



Repeat above exercise
TO Front
Side
Back

HIP / KNEE - 43 Terminal Knee Extension (Standing)

Facing Chair with right knee slightly bent
pull knee back straight. Do not overextend knee.



Repeat 10-15 times per set.
Do 2-3 sets per session.
Do _____ sessions per day.

Bend + Straighten
Knee.
Tubing NOT needed