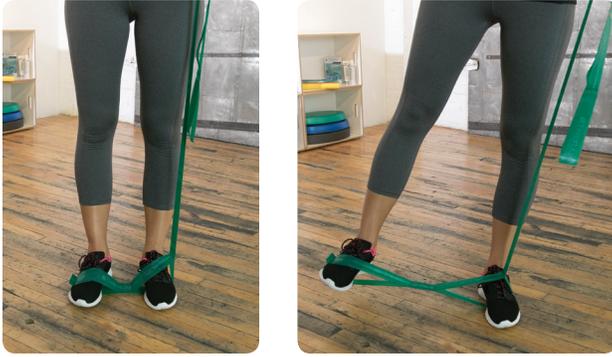


PATIENT NAME _____

DATE _____

Exercise 1 — CLX® Quick Kicks



Description: Place consecutive TheraBand® CLX loops around each foot. Quickly kick leg out to the side keeping the knee straight, toes pointed forward. Return to starting position.

If needed, use a chair for support.

#SETS _____ #REPS _____

Exercise 2 — Single Leg Stand on Unstable Surface



Description: Stand on one leg using the foam stability trainer. Progress from foam stability trainer to air stability trainer. Try to maintain single leg stand for at least 30 seconds.

Progression: Advance to rocking on rocker board. If needed, use bilateral feet or a chair for balance.

#SETS _____ #REPS _____

Exercise 3 — Monster Walk with CLX®



Description: Loop CLX around each ankle. Slightly bend the knees and hips. Secure ends of the CLX in each hand. Take three steps to the side while maintaining a straight back. Return to your starting position and repeat.

#SETS _____ #REPS _____

Exercise 4 — CLX® Hip Abduction with Foot Loop



Description: Place consecutive TheraBand® CLX loops around each foot. Slowly kick leg out to the side keeping the knee straight, toes pointed forward. Return to starting position.

If needed, use a chair for support.

#SETS _____ #REPS _____

Exercise 5 — CLX® Eversion and Dorsiflexion Combined



Description: In a seated position, place consecutive TheraBand® CLX loops around each foot. Flex foot upwards towards ceiling while turning it outwards. Hold briefly and slowly return to starting position.

#SETS _____ #REPS _____