

PATIENT NAME _____

DATE _____

Exercise 1 — CLX® Chair Squats



Description: Begin with center of TheraBand® CLX® under both feet. Grasp both ends of CLX®, maintaining tension. Squat down toward chair, keeping back straight. Slowly return to starting position.

#SETS _____ #REPS _____

Exercise 2 — CLX® Leg Press



Description: Begin by looping the middle of the TheraBand® CLX® around one foot. While sitting, bring your knee up toward your chest while holding both ends of CLX. Extend your knee out straight against the resistance. Slowly return to starting position. Repeat on opposite leg.

#SETS _____ #REPS _____

Exercise 3 — CLX® Kicks



Description: Loop TheraBand® CLX® around each ankle. Kick leg out to side, keeping knee straight. Kick leg backward, keeping knee straight.

Use chair for support as needed.

#SETS _____ #REPS _____

Exercise 4 — CLX® Dorsiflexion



Description: Loop end of TheraBand® CLX® around one foot. Stabilize CLX® under opposite foot. Raise foot upward, keeping heel on ground. Slowly return to starting position. Repeat with opposite foot.

#SETS _____ #REPS _____

Exercise 5 — SLS on Stability Trainer



Description: Stand with each foot on a TheraBand® stability trainer. Maintain balance while lifting one leg. Hold position to further challenge. Repeat on other side.

Use chair for support as needed.

#SETS _____ #REPS _____