

PATIENT NAME \_\_\_\_\_

DATE \_\_\_\_\_

## Exercise 1 — Terminal Knee Extension



**Description:** Secure TheraBand® CLX™ and Door Anchor in door. Loop CLX™ around knee. Slowly bend knee maintaining control and return to full knee extension.

**Progression 1:** Lift opposite leg, progressing from toe touch to full single leg stance while continuing the movement.

**Progression 2:** Place a TheraBand® Stability Trainer under stance leg and continue movement.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_



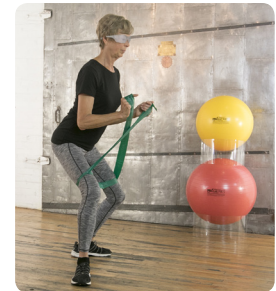
## Exercise 2 — Resisted Swing Phase



**Description:** Loop TheraBand® CLX™ around each ankle, leaving one loop between. Plant one leg while stepping forward and backward with opposite leg. Switch sides when complete.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_

## Exercise 3 — Monster Walk with Pivot



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

**Progression:** Plant one leg and pivot 90°, opening the hips. Return to starting position. Repeat in the opposite direction.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_

## Exercise 4 — Clamshells



**Description:** Lie on side with TheraBand® CLX™ loops around each knee. Keep knees bent with feet together. Lift top knee up toward the ceiling while trying not to rotate trunk of body. Lower top knee back to starting position and repeat. Switch sides when complete.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_

## Exercise 5 — Bridge with Hip Abduction



**Description:** Lay on back with TheraBand® CLX™ loops around each knee. Keep knees bent with feet flat. Lift bottom off surface while pushing knees outward against the elastic resistance. Hold and slowly return to starting position.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_