



One Legged Standing

Standing in readiness position, close to a wall or within a doorway.

Raise one leg up in front and hold balanced.

Close eyes until unsteady, then open eyes and switch legs.

Repeat on each leg again.

each leg done 2 times alternating

1 time in the morning and 1 time in the evening.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Hip Flexors / Low Lunge

Down on one knee in a lunge position so that knees remain shoulder width apart, back toe is turned inward and shin is on the floor.

Lunge position should be long enough so that the front knee should not bend past 90°.

Keep upper body square and upright and gently tuck pelvis under to feel a stretch in the front of the hip and thigh.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



'Prayer' Stretch

Kneeling on floor, reach both arms straight out in front along floor.

Sit lower body down and back onto heels.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Active Fig.4 Knee to Chest

Lying on back, knees bent with feet flat on the floor.

Cross one ankle onto opposite knee. Hug around both legs and bring up toward chest (to comfort).

Gently push outer knee into elbow and hold. Relax and hug both legs closer to chest.

Hold, relax, and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31