

# [EXTERNAL] Your Physical Therapy Home Exercise Program

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To: Skoczyn, Katelyn Ann <Katelyn.Skoczyn@UToledo.edu>



## Here's your Home Exercise Program from Kate Skoczyn, AT, ATC

### Bridging



1 Lie on your back with your knees propped up and your feet flat on the floor or bed.

scan for video



2 With your arms by your side, push your hips up off the floor or bed until you make a straight line with your body, and then slowly come back down.



Reps: 10 | Sets: 3 | Hold Time: 5 seconds | How Often: 1 time per day

Video: [hepbuilder.com/v.php?y=8CMrEkhrtlw](http://hepbuilder.com/v.php?y=8CMrEkhrtlw)

### Clamshell in Sidelying



1 Lie on your side with your knees bent forward where your heels are aligned with your body.

scan for video



2 Keeping your body perpendicular with the floor or bed, and not rotating your hips, lift the top knee towards the ceiling, keeping your feet together. Slowly come back down.



Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 1 time per day

Video: [hepbuilder.com/v.php?y=Gj\\_gwbQCMr8](http://hepbuilder.com/v.php?y=Gj_gwbQCMr8)

### Glute Sets



1 Lie on your back or your stomach. Squeeze your buttocks muscles together and hold.

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Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 5 seconds | How Often: 1 time per day



Video: [hepbuilder.com/v.php?y=hdqsmA6r8-c](http://hepbuilder.com/v.php?y=hdqsmA6r8-c)

### Hip Abduction in Sidelying



1 Lie on your side with the leg you want to exercise on top. The bottom leg can be slightly bent. Keeping your hips perpendicular to the ground and your body in a straight line. Pull your toes up towards you to lock out your knee.

2 Leading with your heel, lift your leg about 12 inches off the floor or bed, and slowly come back down.

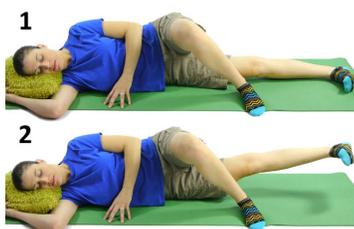
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Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 1 time per day

Video: [hepbuilder.com/v.php?y=MyaMRYS0EbY](http://hepbuilder.com/v.php?y=MyaMRYS0EbY)

### Hip Adduction in Sidelying



1 Lie on your side with the leg you want to exercise on the floor or bed. The top leg can be bent in front or behind the other leg. Keeping your hips perpendicular to the floor or bed and your body in a straight line, pull your toes up toward you to lock out your knee.

2 Lift your leg towards the ceiling about 4-6 inches, and slowly come back down.

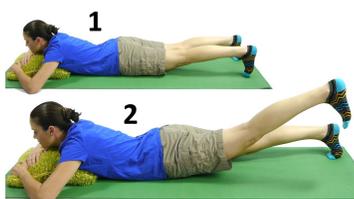
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Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 1 time per day

Video: [hepbuilder.com/v.php?y=fJOyrKGEy7Q](http://hepbuilder.com/v.php?y=fJOyrKGEy7Q)

### Hip Extension in Prone



1 Lie on your stomach, and pull your toes toward you. Keeping your knee straight, lift your leg about 4 inches off the floor or bed, and slowly come back down.

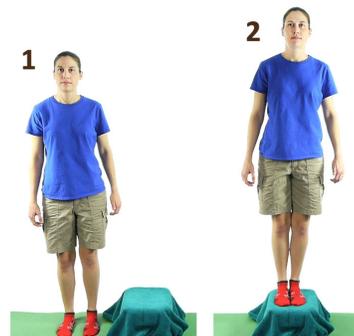
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Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 1 time per day

Video: [hepbuilder.com/v.php?y=0EAc1rBAXpQ](http://hepbuilder.com/v.php?y=0EAc1rBAXpQ)

### Lateral Step Ups



1 Stand beside a step with the leg you want to work closest to the step.

scan for video



Step up sideways onto the step, and control your body stepping up and back down.

Reps: 10 | Sets: 3 | Which Side: Both | Height of Step: 2 in. | How Often: 1 time per day

\* Make sure the step is sturdy, and use a cane or rail for balance if needed.

Video: [hepbuilder.com/v.php?y=99HBRhsK1WY](http://hepbuilder.com/v.php?y=99HBRhsK1WY)

### Quad Sets



Sit with your leg straight out in front of you. Place a rolled up scan for video towel under your knee.  
Push your knee down into the towel and hold.



Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 5 seconds  
| How Often: 1 time per day

Video: [hepbuilder.com/v.php?y=QPuDqtYk3Xo](http://hepbuilder.com/v.php?y=QPuDqtYk3Xo)

### Quadruped Leg Extension



Get on all fours in quadruped. Keep your back straight and your hips in a neutral position.  
Kick your leg straight out behind you and straighten your knee. Slowly come back down. Repeat on the other side.

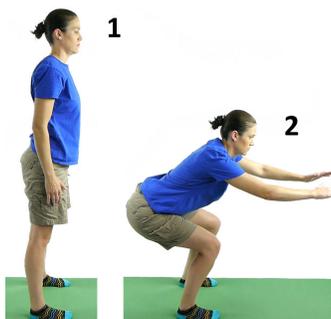
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Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 1 time per day

Video: [hepbuilder.com/v.php?y=II5ALtoaYVM](http://hepbuilder.com/v.php?y=II5ALtoaYVM)

### Squats



Stand with your feet shoulder width apart and facing forward. Keeping your knees behind your toes, squat down while sticking your bottom out and bringing your chest forward, then come back up.

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Reps: 10 | Sets: 3 | Hold Time: 1-2 seconds | How Often: 1 time per day

Video: [hepbuilder.com/v.php?y=bSj\\_DLUABqg](http://hepbuilder.com/v.php?y=bSj_DLUABqg)

### Straight Leg Raise with External Rotation



Lie on your back and bend one leg up. Straighten out the leg you want to exercise, pulling your toes towards you to lock out your knee. Turn your toes and leg outwards. Keeping your knee straight, lift the leg to the height of the other knee, and slowly come back down.

scan for video



Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 1 time per day

Video: [hepbuilder.com/v.php?y=GEfnTXXZptl](http://hepbuilder.com/v.php?y=GEfnTXXZptl)

### Straight Leg Raise Supine

Lie down on your back and bend one leg up. Straighten out the leg you want to exercise. Pull your toes towards you to lock out your knee. Keeping your knee straight, lift the leg to the height of the other, and slowly come back down.



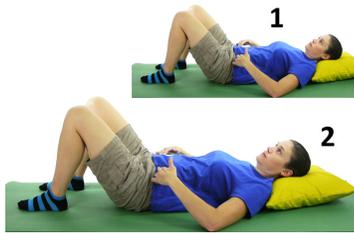
Reps: 10 | Sets: 3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 1 time per day

Video: [hepbuilder.com/v.php?y=4ho27M3-JdQ](https://hepbuilder.com/v.php?y=4ho27M3-JdQ)

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## Transverse Abdominis (TA) Recruitment



1 Lie down on your back with your knees propped up. Place two fingers on your hip bone on both sides. Slide them in about two inches, and then cough or laugh. The muscles that push out are the TA muscles. Contract and hold.

2  
Reps: 10 | Sets: 3 | Hold Time: 10 seconds | How Often: 1 time per day

scan for video



Video: [hepbuilder.com/v.php?y=QQoVcC-0Gds](https://hepbuilder.com/v.php?y=QQoVcC-0Gds)

Disclaimer: These exercises were selected by your healthcare provider. To avoid injury, use caution when performing them. If you experience any pain or discomfort, stop the exercise and contact your healthcare provider.