

# Lower Extremity Stabilization and Strengthening Program

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## A. Stretching Module

1. Hip Flexor Sequence
2. Hip Lifts
3. Hip Drops
4. Hip Compression
5. Scissors Stretch
6. Hip/Back Rotation
7. Hip/Front Rotation
8. Hamstring Stretches
9. Kickbacks-Butt Up
10. Kickbacks-Butt Down
11. Figure 4 Stretch

## B. Stabilization Exercises

1. Slant Board Module
2. Wall Squat Module

## C. Strengthening Exercises – using minimal support shoes or barefoot.

1. Barefoot Treadmill
2. Skipping Rope

### Stretching Module

#### 1. Hip Flexor Sequence – perform on both sides



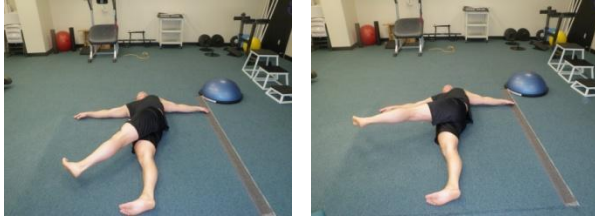
Start position

press hip into floor and lean back

then lift knee

then perform up to 30 repetitions

#### 2. Hip Lifts



Lay on side but try to keep shoulders on floor. Lift hip with leg straight 10 times.

### 3. Hip Drops



At top of hip lift, drop hip towards floor 10 times.

### 4. Hip Compression



Pull hip to chest and compress/squeeze for 30 seconds. Perform 3 times.

### 5. Scissors Stretch



Lay with bottom arm and leg in straight line. Stretch top leg back and top arm forward. And hold for 30 seconds. Perform 3 times.

### 6. Hip/Back Rotation



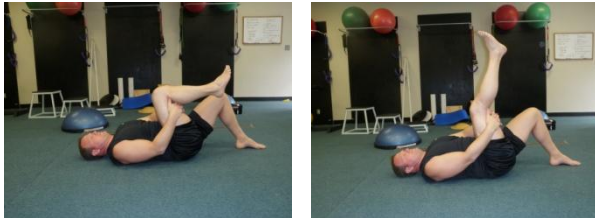
Let hip drop to floor and reach back wards with same side arm to stretch low back and hip. Hold 30 seconds and perform 3 times.

### 7. Hip/Front Rotation



Lay on side. Cross lower leg over upper knee and slowly rotate towards the floor. Lift back shoulder gently. Hold 30 seconds and perform 3 times.

### 8. Hamstring Stretch

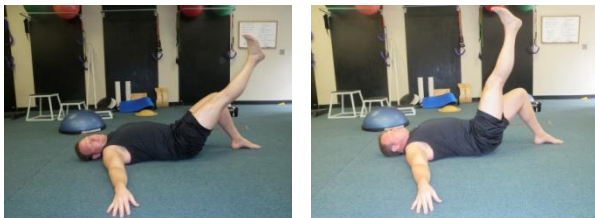


Variation 1- pull thigh to chest and straighten leg to stretch. Hold 30 seconds. Gently straighten in a pulsing fashion 10 times. Re-apply stretch and hold 30 seconds.

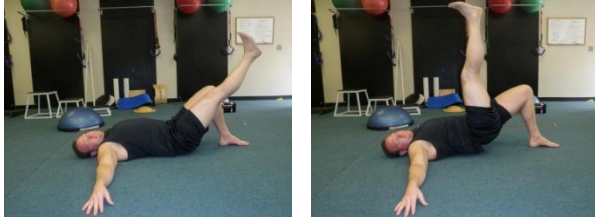
Variation 2 – grab ball of foot with both hands and straighten leg to stretch. Hold 30 seconds. Gently straighten in a pulsing fashion 10 times. Re-apply stretch and hold 30 seconds.

Variation 3 – straighten leg and raise to stretch with quad contracted for 30 seconds. Pulse leg gently toward head 10 times. Re-apply stretch and hold for 30 seconds.

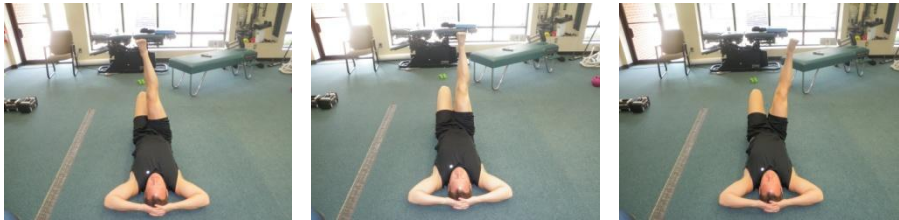
### 9. Kickbacks – butt down



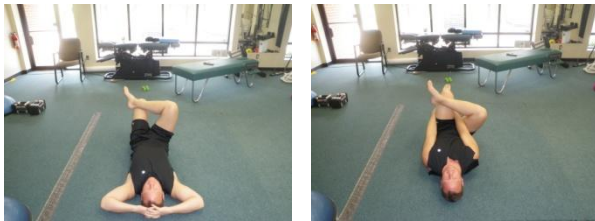
## 10. Kickbacks – butt up



3 Positions of Kickbacks – 11, 12 and 1 o'clock positions.



11. Figure 4 – Sequence is as follows: perform position 1 stretch 10 seconds followed by 10 gentle impulses then re-establish stretch and hold an additional 10 seconds.



Cross leg and lull knee towards chest 10 times.

## **Slant Board Module**

Ex. A1- one leg standing 30 seconds each position



Toes Up



Arch of foot up

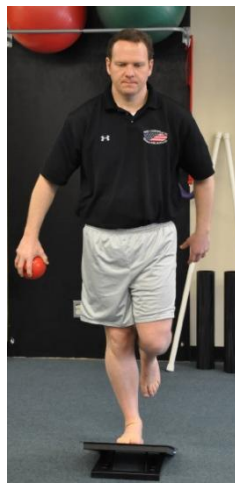


Arch of foot down

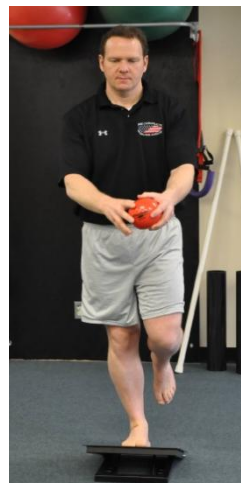
Ex. A2 – ball handling 20 reps. each



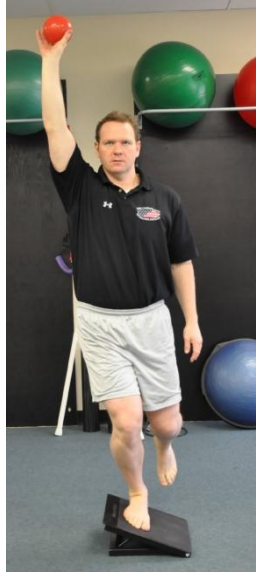
Side to Side



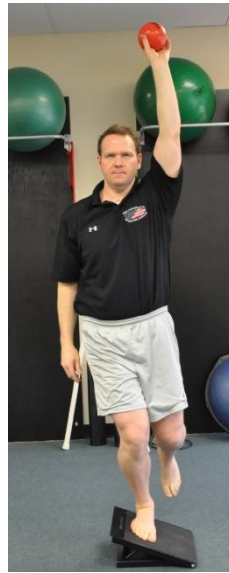
Around the Torso



Ex. A3 – single leg squats 20 reps. each leg (10 with each arm)



Right arm up (10 reps)



Left arm up (10 reps)

### Squat Module



Start Position



End Position – note knees over ankles... not in front of them.



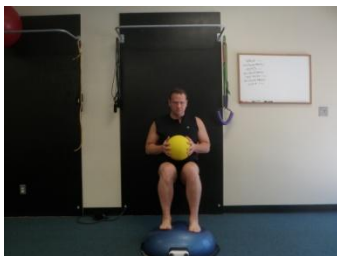
Variation 1 – single leg back



Variation 2 – single leg forward



Variation 3 – single leg crossed



Variation 4 – double leg with medicine ball and switching arms at bottom of repetition.