

Home Exercise Program

Created by Dr. Bervin Nelson Brual PT DPT Dec 22nd, 2017

View at "www.my-exercise-code.com" using code: GXNFLJN

Total 6



Recumbent Exercise Bike

Recumbent Exercise Bike

Time: RPM: HR: Hold 10 Minutes
Perform 2 Time(s) a Day





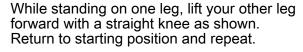
While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 10 Times Hold 10 Seconds Complete 1 Set

Perform 2 Time(s) a Day



HIP FLEXION - STANDING - SLR



Use your arms for support if needed for balance and safety.

Repeat 15 Times Hold 1 Second Complete 3 Sets

Perform 2 Time(s) a Day



HIP ABDUCTION - STANDING

While standing, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

Use your arms for support if needed for balance and safety.

Repeat 15 Times Hold 1 Second Complete 3 Sets

Perform 2 Time(s) a Day



HIP EXTENSION - STANDING

While standing, balance on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements.

Keep your trunk stable and without arching during the movement.

Use your arms for support if needed for balance and safety.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day





SQUATS - SUPPORTED

While standing with feet shoulder width apart and in front of a stable support for balance assist if needed, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 15 Times Hold 1 Second Complete 3 Sets

Perform 2 Time(s) a Day