



COMPREHENSIVE SPINE CENTER

— OF DALLAS —

For more information, visit WWW.DALLASSPINE.COM (Physical Therapy Tab).

KNEE EXERCISES B ELASTIC BAND

LOOPED ELASTIC BAND HIP EXTENSION

While standing with an elastic band looped around your ankles, move the target leg back as shown.

Keep your knees straight the entire time.

Repeat 12 Times
Complete 3 Sets

Hold 8 Seconds
Perform 2 Times a Day



LOOPED ELASTIC BAND HIP FLEXION

While standing with an elastic band looped around your ankles, move the target leg forward as shown. Return to the original position and then repeat.

Repeat 12 Times
Complete 3 Sets

Hold 8 Seconds
Perform 2 Times a Day





LOOPEL ELASTIC BAND HIP ABDUCTION

While standing with an elastic band looped around your ankles, move the target leg out to the side as shown.

Repeat 12 Times
Complete 3 Sets

Hold 8 Seconds
Perform 2 Times a Day



ELASTIC BAND - SEATED CLAMS - HIP ABDUCTION

While sitting in a chair and an elastic band wrapped around your knees, move both knees to the sides to separate your legs. Keep contact of your feet on the floor the entire time.

Repeat 10 Times
Complete 3 Sets

Hold 8 Seconds
Perform 2 Times a Day



SEATED MARCHING - ELASTIC BAND

Start by sitting in a chair with an elastic band wrapped around your lower thighs. Next, move a knee upward, set it back down and then alternate to the other side.

Repeat 10 Times
Complete 3 Sets

Hold 2 Seconds
Perform 2 Times a Day



ELASTIC BAND - HAMSTRING CURLS

Attach a looped elastic band to your ankle and to the opposite foot while one leg is propped on chair or other raised object.

Next, draw your lower leg downwards to a bent knee position while your other ankle anchors the band on the chair.

Repeat 10 Times
Complete 3 Sets

Hold 8 Seconds
Perform 2 Times a Day



ELASTIC BAND - KNEE EXTENSION

Attach a looped elastic band to your ankle and to the opposite foot.

Next, draw your lower leg upwards to a straighten knee position while your other foot anchors the band.

Repeat 10 Times
Complete 3 Sets

Hold 8 Seconds
Perform 2 Times a Day



LATERAL MONSTER WALK - ELASTIC BAND AT ANKLES

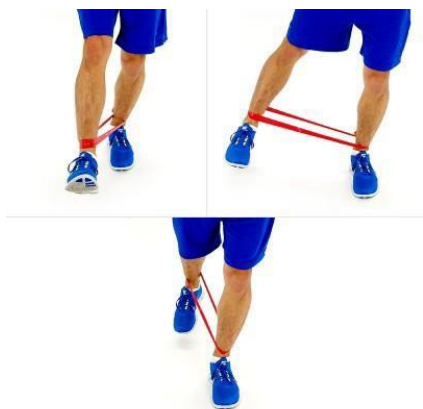
Place a looped elastic band around both ankles.

Next, bend your knees and step to the side while keeping tension on the band the entire time. After taking sidesteps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat.

Repeat 3 Times
Complete 3 Sets

Hold 1 Second
Perform 2 Times a Day

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SIGNLE LEG ELASTIC BAND KICKS - SLS

Start with an elastic band looped around your ankles and standing on your target leg.

Next, move your other leg as to stretch the band in a forward direction, to the side and backward for a few repetitions each. Maintain balance on the target limb the entire time.

Increase speed or resistance to progress.

Repeat 5 Times

Complete 3 Sets

Hold 5 Seconds

Perform 2 Times a Day