

SOUTH SHORE PHYSICAL THERAPY

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LYING

2. Slide Heel on Bed-Bending Hip and Knee.
4. Lift Leg with Knee Straight. (SLR)
5. Quad Set-Tighten Thigh-Straightening Knee.
6. Pillow under Heel.
 - SLR (straight leg raise)
 - Quad set (Straighten knee)
7. Pillow under Knee-Quad Set. (Straighten knee)
8. Lift leg; hold thigh- let knee bend.

STANDING

1. Tip Toes
2. March in Place.
3. Leg Out to Side. alternate
4. Bend Knee Backward alternate
5. Slight Knee Bend
6. Stretch Calf-One Foot with Heel on Floor Pointing Straight
 - Lean Forward with opposite knee bent.
7. Stand at Stairs-Lift Foot on Step (2-4) with Knee Straight: Stretching Back of Thigh; Point Toes and Foot to Nose.
8. Bend Knee with Foot to Bottom and Straighten Hip-Stretching Front of Thigh.
9. Wall slides - Use ball keep feet in front of knees.
10. Stepping

SITTING

1. Straighten Knee/Bend Knee

***HOLD STRETCHES FOR 15 SECONDS**

_____ Repetitions _____ Times/Day

