

Walking knee to chest



Perform 1 set of 10 Repetitions, once a day.

Walking Quad Stretch



Perform 1 set of 10 Repetitions, once a day.

Walking Leg Cradle



Perform 1 set of 10 Repetitions, once a day.

Inverted Hamstring Stretch



Perform 1 set of 10 Repetitions, once a day.

Falling Over Stretch



Perform 1 set of 10 Repetitions, once a day.

Tin Soldier



Perform 1 set of 10 Repetitions, once a day.

Backward lunge with a Twist



Perform 1 set of 10 Repetitions, once a day.

Lateral Lunge



Perform 1 set of 10 Repetitions, once a day.

Inch Worm



Perform 1 set of 10 Repetitions, once a day.

Issued By: RehabGYM Staff

Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.

The RehabGYM

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Walking Hip Internal Rotation



Perform 1 set of 10 Repetitions, once a day.

Spiderman



Perform 1 set of 10 Repetitions, once a day.

Issued By: RehabGYM Staff

Signature: _____

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