

# Home Strengthening Program



## **Monster Walk**

Secure theraband around forefeet. Separate feet shoulder width apart as you get into a semi-squat position. Be sure to keep your back straight. While staying low, bring one leg out laterally (to the side) from the hips. Now, follow with other leg slowly and controlled (keeping band tight). Travel \_\_\_ feet one direction and return facing the same way.

\_\_\_ Sets



## **Theraband Hip Abduction and Hip Extension**

Attach theraband to secure object at ankle level. Loop other end around ankle. For **abduction**, stand with involved leg away from the wall. Place other foot behind band. Keeping knees straight, pull away moving the leg outward. Slowly return to starting position. For **extension**, stand facing the wall and extend straight leg backward. Slowly return to start. (Be sure to keep back and rest of body in a straight line).

\_\_\_ Sets \_\_\_ Reps



Level I



Level II

## **Forearm Planks**

**Level I** – Lie face down on floor. Push up onto forearms, resting on elbows and toes. Keep back flat and in straight line from head to heels. Contract your abdominals to keep low back from arching. Hold for 60 seconds.

**Level II** – Begin in the same plank position as Phase I, but add a straight leg raise. Lift one leg at a time and alternate; you do not need to hold. Work up to 60 seconds.

\_\_\_ Sets



Level I



Level II

## **Side Planks**

**Level I** – Lie on your side with right arm on the floor. Lift yourself up into a plank resting on your elbow with other arm lying across hip. Again, be sure to keep your body in a straight line. Hold for 60 seconds; switch sides and repeat.

**Level II** – Begin in the same plank position as Phase I, but add a straight leg raise. Lift leg, lower, and repeat. Work up to 60 seconds. Switch sides and repeat.

\_\_\_ Sets



**Level I**



**Level II**

**Bridge**

**Level I** – Secure theraband just above knees. Lying on your back with knees bent, lift up your hips so that only your head, shoulders, and feet are touching the floor. Squeeze glutes and contract your abdominals so that your hips are in a straight line with your shoulders and knees. Hold for 60 seconds. (Keep theraband tight).

**Level II** – Begin in same bridge position as Phase I, but lift one foot off floor and straighten leg. Return to bridge position and alternate legs. Continue for 60 seconds.

\_\_\_ Sets \_\_\_ Reps



**Clamshell**

Secure theraband just above knees. Lie on your side with knees and hips bent. Keeping your ankles together, slowly move your top knee away from your bottom knee; return to starting position. Switch sides and repeat. (Make sure your top hip stays upright).

\_\_\_ Sets \_\_\_ Reps



**Level I**



**Level II**



**Level III**



**Tiltboard**



**Single Leg Balance**

**Level I** – Stand on one leg and do not let legs touch each other. Hold for \_\_\_ seconds.

**Level II** – Stand on one leg and close your eyes. Or, balance on foam pillow. Hold for \_\_\_ seconds.

**Level III** – Stand on one leg on foam pillow and the other out to side. Hold medicine ball and rotate from side to side in front of your body. Continue for \_\_\_ seconds.

**Tiltboard**

Stand on tiltboard and keep center of balance. Turn tiltboard and repeat. Hold for \_\_\_ seconds.

\_\_\_ Sets \_\_\_ Reps