Active Health Solutions
Lower Extremity Functional Progression

Make sure you…

-Maintain abdominal bracing/kegel.
-BREATHE.
-Drop down to an easier step if you cannot maintain proper form.
-Do the exercise slowly.
-STOP if pain is aggravated, but muscle burn is OK.

	Repetitions
	Sets
	Second Hold
	Times per day/week

Bridge
-Knees hip width apart.
-Heel underneath knees.
-Squeeze the buttocks and lift the hips toward the ceiling.
-Tilt the pelvis and pull the belly button toward the spine, tucking the butt under.

Bridge with Dead Bug Reach
-While in the bridge position, lift one knee and extend the opposite arm.
-Repeat on opposite side.

Dead Bug with Hip Dips
-While in a bridge position, lift one knee and extend the opposite arm.
-Drop and lift the hips.

Wall Squats
-Legs shoulder width apart, back on the wall.
- Keep your core tight as you drop the hips toward the ground.
-Descend, as if sitting on a chair, bringing knees to 90°.
-Press into your heels and slowly straighten the legs to return to standing.
-Do not allow your heels to come up off the ground.

Single Leg Split Squat
-Support your front knee by keeping it over the ankle.
- Bend the back knee toward the floor.
-Return to starting position.
-Repeat on opposite side.

Single Leg Deadlift with Arm Reach
-Do not lock the knee of the standing leg.
-Hinge from the hips.
-Keep the back straight and do not round the shoulders.
-Reach the finger tips toward the toes.
-Use hamstrings to return to standing.

Single Leg Pistol Squat from a step
-Extend one leg and keep the foot from touching the floor.
-Hips descend down and back.
-Keep the chest up.
-Knee of the working leg stays in line with the toes.
-Heel stays on the bench.

-Repeat progression on an unstable surface such as a BOSU ball.

ACTIVE HEALING FOR ACTIVE PEOPLE
Proactive Healing for Proactive People