

Legs Exercise Routine Sheet

Patient Name: Exercise Routine Date:

Front Thigh Stretch

Sets Reps Frequency Time Duration

Front Thigh Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Adductor Stretch

Sets Reps Frequency Time Duration

Hamstring Stretch

Sets Reps Frequency Time Duration

Hamstring Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Piriformis Stretch

Sets Reps Frequency Time Duration

Patellar Tendon Stretch

Sets Reps Frequency Time Duration

Knee Lunge

Sets Reps Frequency Time Duration

Knee and Calf Stretch

Sets Reps Frequency Time Duration

Plantar Fascia Stretch Using a Towel

Sets Reps Frequency Time Duration

Calf Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

External Foot Rotation with a Therapy Band

Sets Reps Frequency Time Duration

Legs Exercise Routine Sheet (con't)

Patient Name: Exercise Routine Date:

Front Calf Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Internal Foot Rotation with a Therapy Band

Sets Reps Frequency Time Duration

Ankle and Foot Ranges of Motion

Sets Reps Frequency Time Duration

Foot and Ankle Ranges of Motion

Sets Reps Frequency Time Duration

Achilles Tendon Stretch

Sets Reps Frequency Time Duration

Plantar Fascia Stretch Using a Tennis Ball

Sets Reps Frequency Time Duration