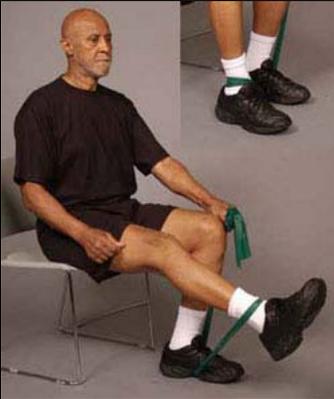
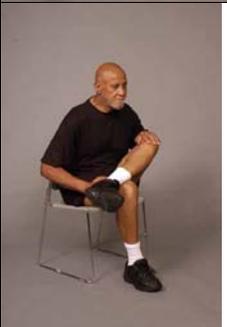


## Exercises for Muscle Balance

Perform these exercises 2 to 3 times per week.

|   |   |
|---|---|
|    | <p><b>Thera-Band Knee Extension in Sitting</b></p> <p>Sit on the edge of a sturdy chair with feet together. Begin by looping the center of the band around the ankle of your exercising leg. Bring the ends of the band underneath the foot of the opposite leg to stabilize and grasp the ends by your knee. Slowly extend your leg so your knee is straight against the band. Hold 1 to 2 seconds and slowly return.</p>  |
|   | <p><b>Thera-Band Loop Hamstring Stretch in Supine</b></p> <p>Lay supine with one end of a long loop around the foot and secure the other end in your hands. Pull your leg upward, stretching your hamstrings. Hold and slowly return.</p>   |
|  | <p><b>Thera-Band Hip Abduction (Kick Outs) in Standing</b></p> <p>Begin by looping the middle of the band around the ankle of the exercising leg. Place the ends of the band under the opposite foot to stabilize the band and grasp the ends in your opposite hand. Keeping your knees straight, kick your leg outward against the band. Hold and slowly return.</p> <p>TIP: Keep your back straight; don't lean over.</p> |
|  | <p><b>Piriformis Stretch in Sitting</b></p> <p>Sit in a sturdy chair. Place the ankle of the leg you want to stretch over the opposite knee in a "figure 4" position. Lean forward until you feel a stretch in your buttock. Hold 10-15 seconds and slowly return. Repeat 3 to 5 times.</p>   |

|  |  |
|--|--|
|   | <p><b>Thera-Band Shoulder External Rotation at 0°</b></p> <p>Begin with one end of the band securely attached. Grasp the other end of the band with slight tension. Start with your elbow by your side and pull the band outward, keeping your elbow bent at 90°. Hold and slowly return.</p>  |
|   | <p><b>Thera-Band Shoulder Seated Row</b></p> <p>Extend your legs and wrap middle of band around feet. Be sure band is secure by wrapping the middle around your feet so it won't slip. Grasp both ends of band with elbows straight. Pull band upward and back, bending elbows. Slowly return to starting position.<br/>TIP: Keep your knees and back straight.</p>                    |
|  | <p><b>Chest Stretch in Sitting</b></p> <p>Sit in a sturdy chair. Clasp your hands behind your back with your elbow straight and slowly lift both arms at the same time, stretching your chest muscles. Hold 10 to 15 seconds and slowly return. Repeat 3 to 5 times. Dont perform this exercise if it increases your shoulder pain. Remember to breathe while holding the stretch.</p> |

Images © The Hygenic Corporation. Used with permission for educational purposes only.

Consult your healthcare provider before beginning this exercise program. Read and follow all instructions and safety precautions included with your band. If you experience any pain or difficulty with any exercises, stop and consult your healthcare provider. The Hygenic Corporation or Benchmark Physical Therapy is not liable for any injuries incurred while using exercises or programs accessed via this website. User must wear suitable eye protection such as safety goggles to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks. Those with latex allergies should use latex-free bands.