

MARIN PHYSICAL THERAPY

Lower Extremity Stabilization Training



1. Step downs. Slowly lower your leg down touching the floor with your heel first. Maintain level pelvis. Don't tilt shoulders. Maintain hip, knee, and foot in line on the step side leg.



2. Lunges with theraband. Begin with legs far apart. Body should move slightly forward as you lunge. Back knee drops nearly straight down toward floor. Maintain alignment of you hip, knee, and ankle.



3. Hip external rotation. Balance on one leg. Grab theraband and rotate body away by turning your hips.

____ Sets ____ Repetitions