



# MOTION GUIDANCE: LOWER EXTREMITY HOME EXERCISE

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

These exercises can be performed in standing, with the flag placed on the floor. Wrap the knee strap around your leg so that the blue pocket is about 3 inches above the knee-cap. Slide in the mount and aim the laser 1 inch in front of your toe. All exercises are performed at the users own risk, please consult with a health care professional to determine which exercises are appropriate for you.

Tip: You can aim the laser further from the toe to assist in depth, or closer to the toe to require more depth of squat. For instance, if doing single leg squats, aim the laser out further from your toe so you can still track the "full flag."

## Exercise 1: "Squat the Line"

Instruction: Stand with feet shoulder width apart placing one foot at the center line of the flag. Perform a squat to hit the first CENTER circle target and return, then 2nd, 3rd and 4th, and reverse. PERFORM THIS EXERCISE UNTIL YOU ARE TIRED, AND TIME YOURSELF!

## Exercise 2: "Variable Squats"

Instruction: Stand with feet shoulder width apart placing one foot at the center line of the flag. Aim the laser beam onto the center line. Perform a squat until the laser beam reaches the first horizontal line. Draw the knee inward toward one circle, then outward toward the other circle, then return, while keeping the foot flat on the ground. Repeat this exercise at each horizontal line on the flag. PERFORM THIS DRILL ON EACH LINE 2 TIMES. Switch legs!

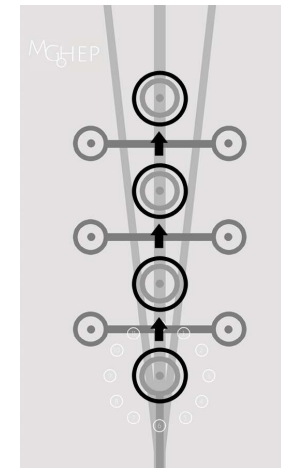
## Exercise 3: "Clock Lunges" (ADVANCED)

Stand with feet shoulder width apart placing one foot at the center line of the flag. Aim the laser just above your toe. Stand with one foot forward (the foot at the center line) and the other foot back behind you. Perform a small "lunge" until the laser hits the 12 o'clock, and return. Repeat for all numbers then reverse. Only aim at numbers you are comfortable moving in the direction of. PERFORM THIS EXERCISE FOR 2 MINUTES

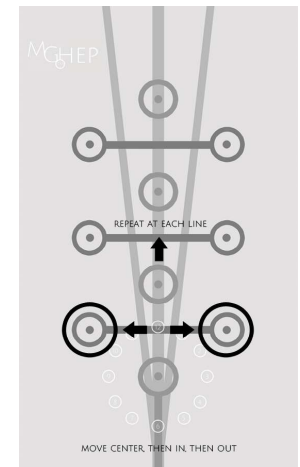
## Exercise 4: "Lunges and Single Leg Squats" (ADVANCED)

Instruction: Stand in "lunge position" with the forward foot at the center line, with the laser aimed about 6 inches out from the toe on the center line. Perform a lunge until the laser beam reaches the first horizontal line. And return. Repeat for each circle, then reverse. Aim the laser closer to your toe to challenge into a deeper lunge. PRACTICE THIS EXERCISE UNTIL YOU ARE TIRED. You can also perform this same exercise in "single leg stance, or "pistol squats". Variation 1: repeat the exercise, but draw inward and outward on each line in the direction you can slowly control Variation 2: perform a single leg squat to the 3rd center target while reaching opposite leg's toe forward. Repeat but reach the opposite leg's toe to the side. Repeat but bring your opposite leg's toe far back behind you. Each time try to trace the laser directly to the 3rd circle. Variation 3: practice single leg squats along center, outside, and inside lines, with the goal of controlled movement.

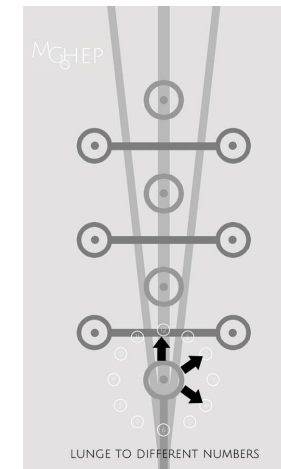
## EXERCISE 1



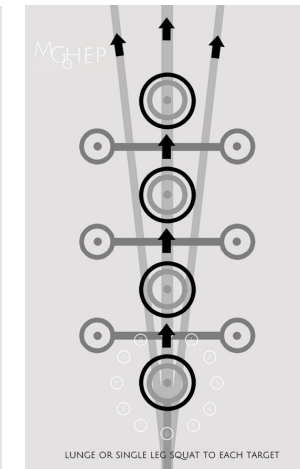
## EXERCISE 2



## EXERCISE 3



## EXERCISE 4



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