

### PATIENT NAME

DATE

#### Exercise 1 — CLX® Quick Kicks





**Description:** Place consecutive TheraBand® CLX loops around each foot. Quickly kick leg out to the side keeping the knee straight, toes pointed forward. Return to starting position.

If needed, use a chair for support.

#SETS\_\_\_\_#REPS\_\_

#### Exercise 2 — Single Leg Stance on Unstable Surface





**Description:** Stand on one leg using the foam stability trainer. Progress from foam stability trainer to air stability trainer. Try to maintain single leg stance for at least 30 seconds.

**Progression:** Advance to rocking on rocker board. If needed, use bilateral feet or a chair for balance.

#SETS\_\_\_\_\_ #REPS\_\_\_\_

#### Exercise 3 — Monster Walk with CLX®





**Description:** Loop CLX around each ankle. Slightly bend the knees and hips. Secure ends of the CLX in each hand. Take three steps to the side while maintaining a straight back. Return to your starting position and repeat.

#SETS\_\_\_\_\_#REPS\_\_\_\_

# Exercise 4 — CLX® Hip Abduction with Foot Loop





**Description:** Place consecutive TheraBand® CLX loops around each foot. Slowly kick leg out to the side keeping the knee straight, toes pointed forward. Return to starting position.

If needed, use a chair for support.

#SETS\_\_\_\_\_#REPS\_\_\_

## Exercise 5 — CLX<sup>®</sup> Eversion and Dorsiflexion Combined





**Description:** In a seated position, place consecutive TheraBand® CLX loops around each foot. Flex foot upwards towards ceiling while turning it outwards. Hold briefly and slowly return to starting position.

#SETS\_\_\_\_\_ #REPS\_\_\_\_



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**Warning:** Any resistance product can break or slip from its anchoring point during use if not properly secured. Proper stance and grip are required to safely use resistance bands and avoid loss of balance or injury in the event of breakage or slippage. Wearing eye protection is strongly recommended.

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