With tubing about involved leg and opposite end secured in doorknob, stand sideways from door and extend leg out to the side.

Repeat ____ times.
Do ____ sessions per day.

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With tubing around involved ankle and opposite end secured in doorknob, bring leg forward, keeping knee straight.

Repeat ____ times.
Do ____ sessions per day.

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Bring leg across body and slowly return to starting position.

Repeat ____ times.
Do ____ sessions per day.

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With tubing about involved ankle and opposite end secured in doorknob, face door and pull leg straight back.

Repeat ____ times.
Do ____ sessions per day.

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