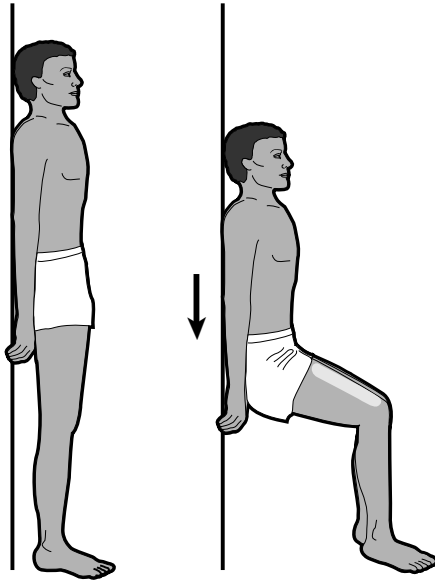


HOME EXERCISE PROGRAM

WALL SQUATS



Purpose: To strengthen your anterior thigh muscles (quadriceps).

Position: Stand with low back and shoulder blades against a wall. Place feet about 10 to 12 inches from the wall and bend knees slightly

Action: Slowly bend knees and let back slide down the wall. Stop when you are halfway to the sitting position.

Hold _____ seconds.

Slide up the wall.

Repeat _____ times, _____ times a day.

_____ PT
Physical Therapy Department