

GG1 Walking

Walk evenly at a comfortable pace. If you have a limp try to spend equal time on each leg to eliminate the limp.



Perform for __ minute(s).
Do __ session(s) per day.

GG2 Heel to Toe Walking

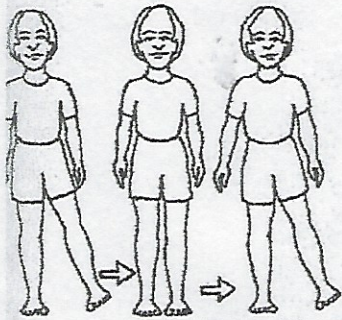
Walk forward, placing your left foot directly in front of, and in line with, your right foot. Continue to step with your right foot in front of your left.



Perform for __ minute(s).
Do __ session(s) per day.

GG3 Side Stepping

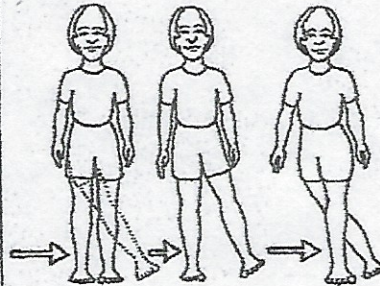
Step out sideways with your left foot, then bring your right foot beside it. Continue stepping sideways, then walk sideways to the right side.



Perform for __ minute(s).
Do __ session(s) per day.

GG4 Cross Over Stepping

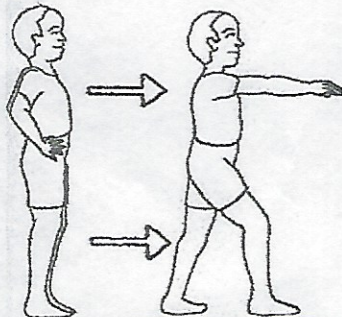
Step across in front of one leg with the other leg and continue to step sideways, uncrossing your legs. Take several steps, then reverse the direction.



Perform for __ minute(s).
Do __ session(s) per day.

GG5 Forward Lunge

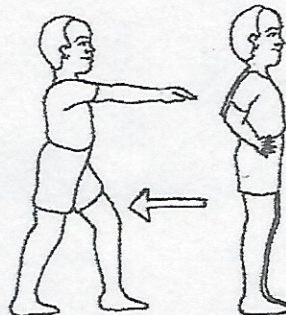
Begin by standing with your hands on your hips. As you keep your left heel on the floor, step forward with your right leg as you raise your arms in front of you. Then step through with your left leg to the starting position. Repeat with other leg.



Repeat __ repetition(s) per set.
Rest __ minute(s) between sets.
Do __ set(s) per session.
Do __ session(s) per day.

GG6 Backward Lunge

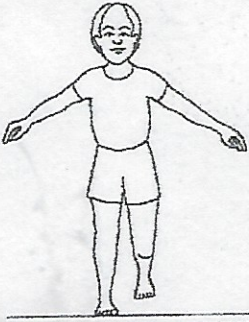
Begin by standing with your hands on your hips. Step backward with your right leg as you raise your arms in front of you. Then step through with your left leg to the starting position. Repeat with other leg.



Repeat __ repetition(s) per set.
Rest __ minute(s) between sets.
Do __ set(s) per session.
Do __ session(s) per day.

GG7 Single Leg Stance

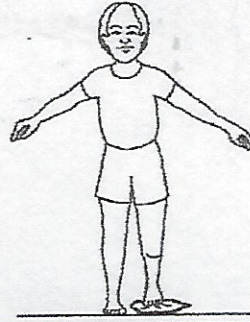
Stand on one leg with other knee bent. Hold your arms out to the sides for balance.



Perform for __ minute(s).
Do __ session(s) per day.

GG8 Single Leg Stance on Pillow

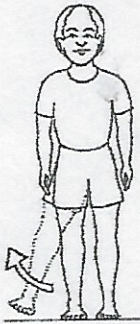
Stand on one leg with a pillow under your foot. Hold your arms out to the sides for balance.



Perform for __ minute(s).
Do __ session(s) per day.

GG9 Active Hip Abduction in Standing

Stand up straight and place your weight on the uninvolved leg. Move the involved leg out to the side keeping the knee straight. Return to the start position.



Repeat __ repetition(s) per set.
Rest __ minute(s) between sets.
Do __ set(s) per session.
Do __ session(s) per day.