

Week five Physical Therapy exercises with arm strengthening for an injury to the left knee;

Perform wall calf stretch with right knee straight for 30 seconds;
Perform wall calf stretch with left knee straight for 30 seconds;
Perform wall push ups for 10 repps;
Try to balance on left leg for 30 seconds;

Practice bicep curl with the right arm for 15 repps;
Practice bicep curl with the left arm for 15 repps;

Perform side lying hip abduction for the **right** leg. Keep your quad tight and left leg slightly bent for 12 repps. Be certain to keep your hip forward;
Perform side lying hip abduction for the **left** leg. Keep your quad tight and right leg slightly bent for 12 repps. Be certain to keep your hip forward;

Perform 30 repps of prone hip extension with your right leg. Keep the glute tight;
Perform 30 repps of prone hip extension with your left leg. Keep the glute tight;
Perform cobra pose for 30 seconds;

Perform straight leg raise with right leg straight, knee locked and quad tight ,and left knee bent for 30 repps;
Perform straight leg raise with left leg straight, knee locked and quad tight, and right knee bent for 30 repps;

Perform side-lying hip adduction lying on your left side with left leg for 25 repps. Keep left quad tight;

Perform sitting calf belt stretch with right knee straight, leaning slightly forward, for 30 seconds;
Perform sitting calf belt stretch with left knee straight, leaning slightly forward, for 30 seconds;

Perform side lying hip abduction for the **right** leg. Keep your quad tight and left leg slightly bent for 12 repps. Be certain to keep your hip forward;
Perform side lying hip abduction for the **left** leg. Keep your quad tight and right leg slightly bent for 12 repps. Be certain to keep your hip forward;

Perform prone hip extension on your right side, with glute tight, for 30 repps;
Perform prone hip extension on your left side, with glute tight, 30 repps,;
Perform cobra pose for 30 seconds;

Perform straight leg raise with right leg straight, knee locked and quad tight and left knee bent for 30 repps;
Perform straight leg raise with left leg straight, knee locked and quad tight and right knee bent for 30 repps;

Perform side lying hip adduction lying on left side with left quad tight for 25 repps;

Practice bicep curl with right arm for 15 repps;
Practice bicep curl with left arm for 15 repps;

Perform 15 repps of wall push-ups;
Perform wall calf stretch with right knee straight for 45 seconds;
Perform wall calf stretch with left knee straight for 45 seconds;

Try to balance on left leg for 45 seconds;