



**Masula Chiropractic**  
 30 Philadelphia Drive # A  
 Chico, CA 95973  
 530-342-6441

Client :  
 Client ID :  
 Date : Friday, March 6, 2026



**Knee Extension Seated**

Seated in readiness position.  
 Support one leg up on a rolled up towel under thigh.  
 Start with toe pointed downward, straighten leg while pulling toes back.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Static Lunges Dumbbell**

Step forward into a lunge position, longer than a normal stride.  
 From this position, lower body straight down until back knee almost touches floor.  
 Keep upper body tall and avoid leaning forward.  
 Front knee should not bend past 90°.  
 Push up, returning to lunge stance, and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Hamstring Curls / Knee Flexion**

Seated in readiness position, with leg straight out in front supported with a rolled up towel.  
 Tubing attached at waist level in front of body and placed around ankle.  
 Slowly bend knee while pointing the toes.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Hip External Rot. Seated**

Sitting with a roll under thigh so that the leg hangs freely.  
 Place tubing around mid foot or ankle and attach at ankle level (coming from across body).  
 Start with lower leg turned 30° inward, rotate lower leg outward 30° (pendulum).  
 Do not allow thigh to move from center line.  
 Slowly return to starting position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Hip Internal Rot. Seated**

Sitting with a roll under thigh so that the leg hangs freely.  
 Place tubing around the mid foot or ankle and attach at ankle level.  
 Starting with lower leg turned 30° outward, rotate lower leg inward 30° (pendulum).  
 Do not allow thigh to move from center line.  
 Slowly return to starting position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Ankle Plantar Flexion**

Seated with one leg straight out in front.  
 Hold tubing on lap and place under ball of foot.  
 Push toe away from body.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31