

Steprite Exercise Regimen

- Standing
- Walking
- Heel Raise, Bilateral
- Heel Raise, Unilateral
- Toe Raise, Standing
- Dorsiflexion, Sitting, Resisted
- Plantar Flexion, Prone Resisted
- Inversion, Side Lying, Resisted
- Eversion, Side Lying, Resisted
- Dorsiflexion, Self Mobilization
- Balance, Forward Lean
- Balance, Reach
- Balance, Eyes Open
- Knee Flexion, Prone
- Straight Leg Raise, Phase 1
- Straight Leg Raise, Phase 2
- Straight Leg Raise, Phase 3
- Hip Extension, Prone
- Hip Abduction, Side-lying
- Hip Adduction, Side-Lying
- Knee Extension, Supine
- Knee Flexion, Standing
- Hip Adduction, Stand, Resisted
- Hip Abduction, Stand, Resisted
- Hip Extension, Stand, Resisted
- Hip Flexion, Standing, Resisted
- Hip Diagonal Adduction, Resist
- Hip Diagonal Abduction, Resist
- Stretching Inner Thigh, Seating
- Hamstring Stretch Against Wall
- Stretching Hip Flexor, Kneeling
- Piriformis, Sitting
- Stretching Tensor
- Quadricep Stretch, Standing
- Stretching Hamstring, Supine
- Stretching Hamstring, Standing
- Stretching Hamstring, Seated
- Stretching Gastrocnemius
- Stretching Soleus, Seated
- Knee Extension, Stand, Resisted

- Hamstring Curl Seated, Resisted
- Hamstring Curl, Prone, Resisted
- Knee Wall Slide
- Knee Extension Seated, Resisted
- Hip Hike
- Knee Flexion, Sitting, Resisted
- Hip External Rotation, Resisted
- Hip Internal, Rotate Sit Resist
- Hip Flexion, Standing
- Hip Flexor, Standing Position
- Stretching Piriformis Supine
- Stretching Iliotibial Band
- Quadricep Stretch using Bed
- Mini Squat with Ball Squeeze
- Knee Extension, Sitting
- Sit to Stand
- Chair Squat
- Deep Squat
- Knee Flexion, Standing Resisted
- Single Leg Step Up
- Forward Step Up
- Retro Step Up
- Quarter Squat
- Quarter Squat, Single Leg
- Balance Board, Sitting
- Balance Board, Stand Two Feet
- Balance Board, Stand One Foot
- Walk, Backwards
- Walk, Sideways
- Forward Stool Walk
- Retro Stool Walk
- Sideways Stool Walk
- Plantar Flexion, Sitting
- Inversion, Isometric
- Dorsiflexion, Sitting Isometric
- Eversion, Isometric
- External Hamstring, Sitting
- Internal Hamstring, Sitting
- Hip Adduction, Strengthening
- Hip Abduction, Strengthening
- Balance, Eyes Closed
- Hamstring Curl, Prone
- Hamstring Curl, Sitting

- Hip Extension, Standing
- Hip Internal Rotation, Sitting
- Hip External Rotation, Seated
- Biking
- Marching Steps
- Bent Knee Side Steps
- Bridges
- Counter Top Plank
- Dumbbell Squat
- One Leg Stance with Ball Toss
- Mini Squat Lunge
- Monster Walk
- Toe Touch to Front, Bent Knee
- Toe Touch to Side, Bent Knee
- Toe Touch to Rear, Bent Knee
- Toe Touch to Front, Standing
- Toe Touch to Rear, Standing
- Toe Touch to Side, Standing
- Zig Zag Step
- Clams, Side-Lying
- Side Lying Plank
- Transverse Step Up
- Hip Abduction, Side, Resisted
- Hip Abduction, Standing
- Hip Adduction, Side, Resisted
- Hip Adduction, Standing
- Hip Diagonal Abduction
- Hip Diagonal Adduction
- Knee Extension, Standing
- Dorsiflexion, Sitting
- Eversion, Side Lying
- Inversion, Side Lying
- Plantar Flexion, Prone
- Knee Flexion, Sitting
- Seated Eversion
- Seated Inversion
- Ankle Rotation
- Supine Heel Slide with Strap
- Long Sitting Quad Set
- Seated Hamstring Stretch, Chair
- Seated Hamstring Stretch, ChairB
- Hook-lying Isometric Clamshell
- Knee Extension Mobility, Towel

Steprite OTAGO Exercise Program (For Patients at Risk of Falls)

- Head Movements
- Neck Movements
- Back Extension
- Trunk Movements
- Ankle Movements
- Front Knee Strengthening
- Back Knee Strengthening Exercise
- Side Hip Strengthening Exercise
- Calf Raises
- Toe Raises
- Knee Bends
- Backwards Walking
- Walking and Turning Around
- Sideways Walking
- Heel Toe Standing
- Heel Toe Walking
- One Leg Stand
- Heel Walking
- Toe Walking
- Heel Toe Walking Backwards
- Sit to Stand
- Stair Walking