**Restorative Program**

Annie Martin

**WALKING**:

Device – Rolling Walker

Distance – 200 feet

Level of Assistance – Contact Guard

Note: Pt may drag her feet at times especially after walking about 75 feet from fatigue.

**Lower Body ROM**:

AROM exercises including:

* Seated knee extension 3 x 10
* Seated marches 3 x 10
* Seated hip abduction (hold one leg out in front while moving it out and in) 3 x 10
* Hip adduction (ball squeeze – place ball between knees and squeeze for 3 seconds then release) x 30
* Seated hamstring curls (take one leg and kick it straight back like trying to kick your own butt) 3 x 10