

For: Bosco Kante

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Single Leg Heel Raise



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

3x15

Description:

Starting Position: Stand on one leg with your knee straight and holding onto supportive surface. Movement: Keep your knee straight and lift your heel off of the floor. Return to starting position and repeat as prescribed. Tip: Do not rock forward (move up and down as if you are in an elevator). Do not push through

Standing Calf Stretch



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

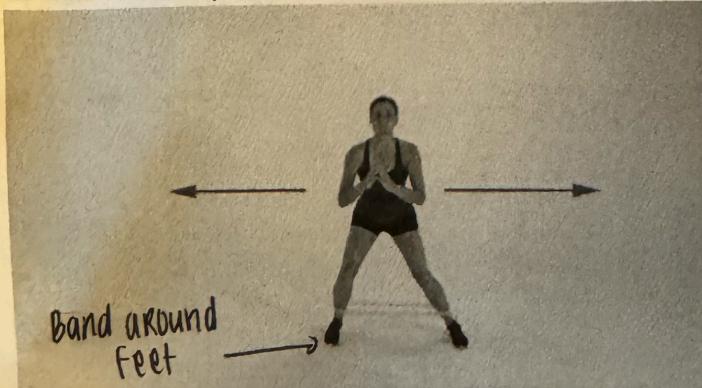
3x30 sec [drive the back leg]

3x20 sec [drive the front leg]

Description:

Starting Position: Begin by standing near a stable surface like a kitchen countertop, feet hip width apart. Now take a big step back with the affected leg and the unaffected leg stays in front of the other. Make sure you are not standing in tandem for balance. Make sure to keep the back of your knee

Band Walks (Ankles) Feet



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

Green Band

Description:

Starting Position: Place band slightly above your ankles. With your feet shoulder width apart, toes pointed straight ahead, hips square, making sure that your knees are not pointed in or out, lean forward, lower your hips and glutes back. Make sure that your back is straight and you are bending at your hips and knees. Movement: In this position, gently press out into the exercise band looped above your knees to avoid allowing your knees to come together. Take a step laterally (sideways) with your lead leg. Keep feet shoulder width apart and hips low. If you lead with your right leg going one way, then you will lead with your left leg going the other way (stay facing the same direction and make sure the floor is clear). Repeat specified number of laps.

Single Leg Stance on Foam



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

3x30 sec

Description: Stand on foam or a pillow with the leg you wish to exercise. Attempt to balance on that leg for as long as directed.