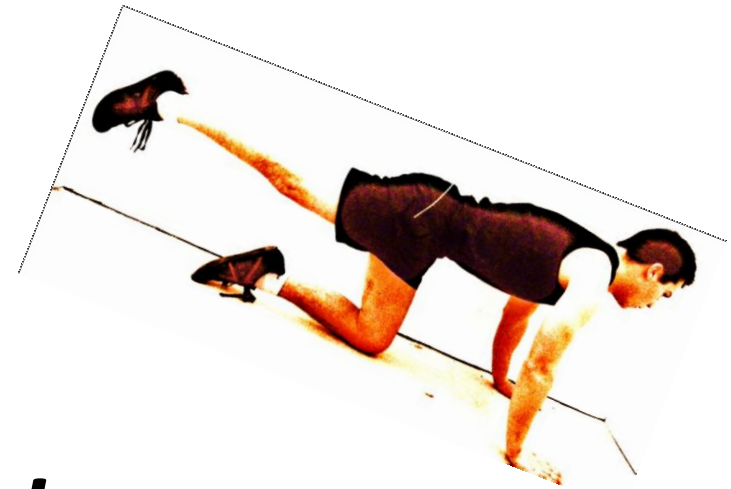


Mr/Ms

the self-rehabilitation logbook



***More you do,
More you get better!***

Gait exercises: Slalom in 8 [5min]

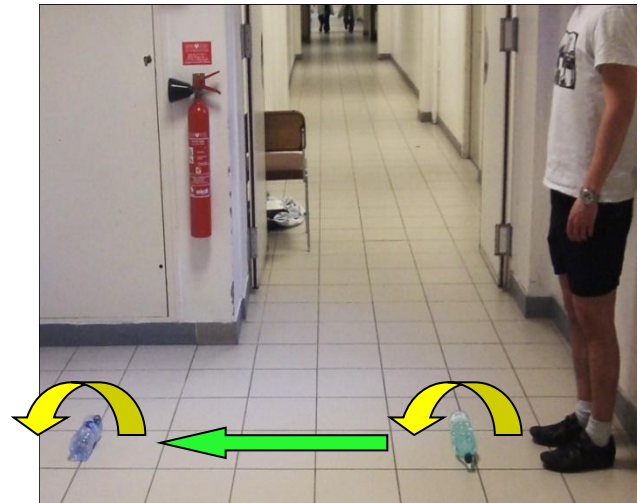
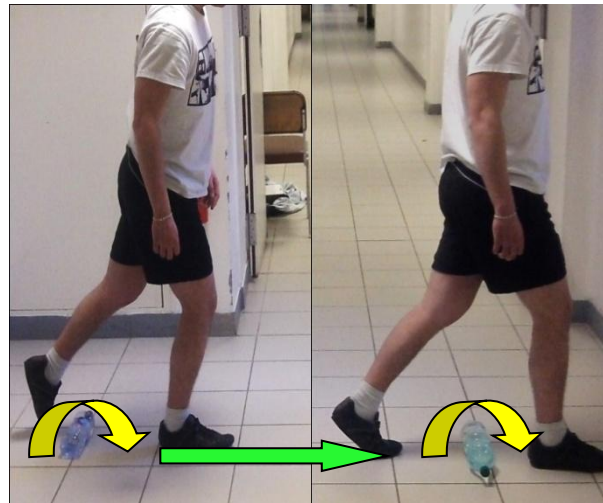
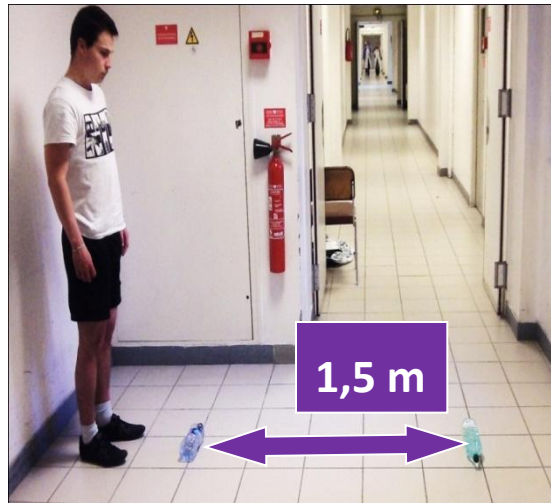


**Place 2
bottles**



Walk and draw a 8

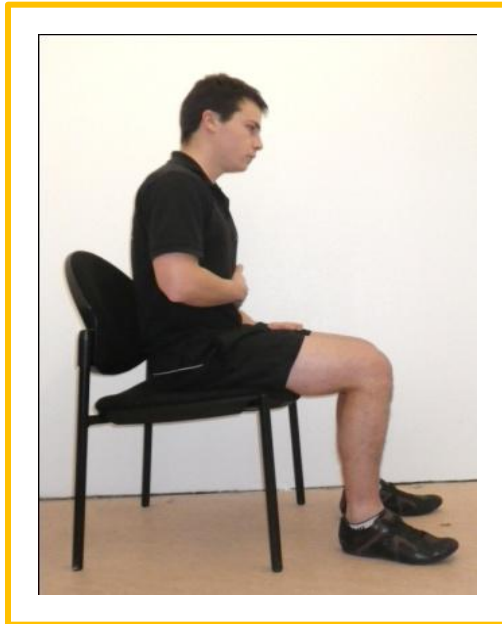
Gait exercises: Obstacles Crossing [5min]



**Place 2
bottles lying
on the floor**

**Cross obstacles
without stopping**

Strengthening : HIP flexors

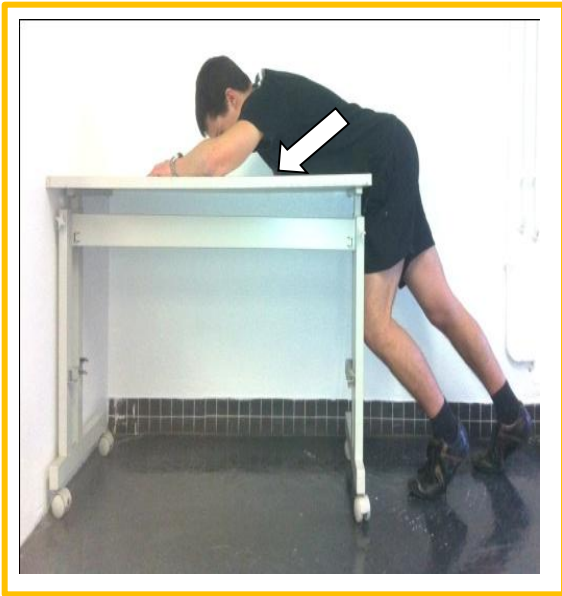


seated



**10 repetitions
3 times**

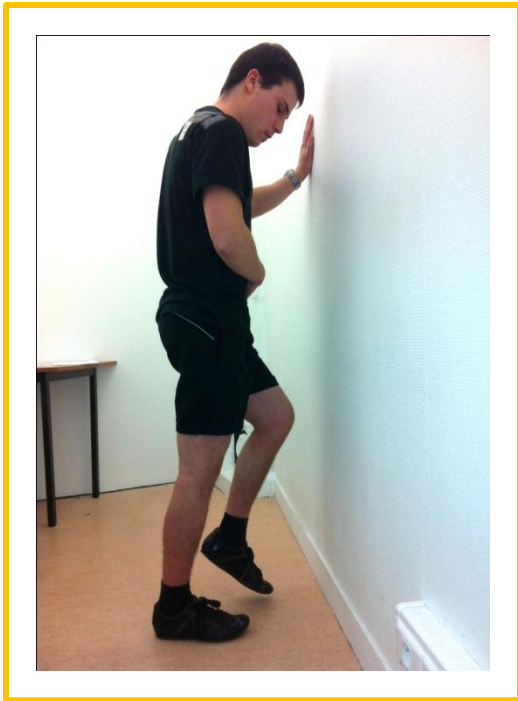
Strengthening: Gluteus Magnus



**In
support
on a table**

**10 repetitions
3 times**

Strengthening : Triceps



**Face to a
wall**



**10 repetitions on 1 foot
3 times**

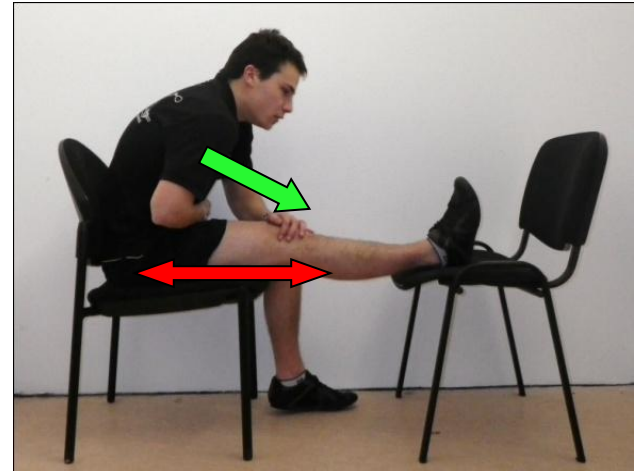
Stretching: Rectus Femoris



**Sit down on
a floor**

**Keep the position 10 s
3 times**

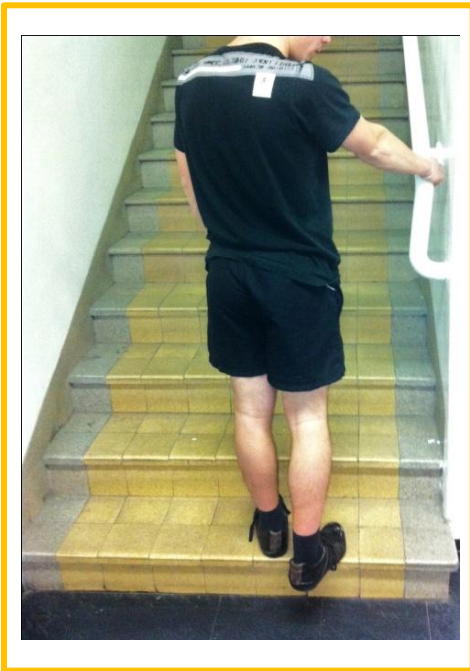
Stretching: Hamstrings



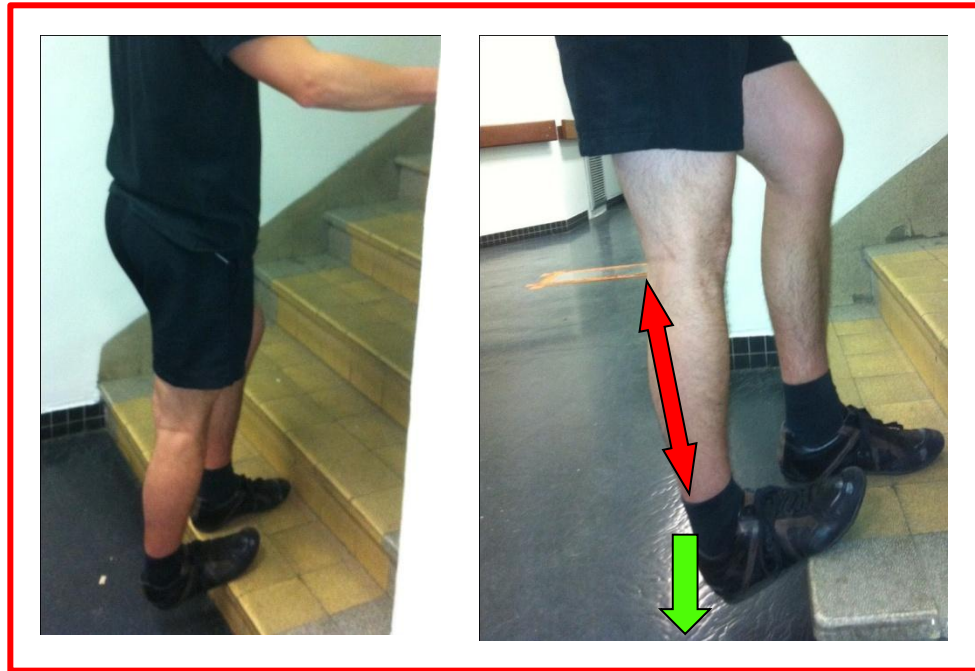
**2 chairs
face to face**

**Keep the position 10 s
3 fois**

Stretching : Triceps



**On the
bottom stair**



**Keep the position 10 s
3 times**