**Resisted Lateral Walk**

Stand with theraband loop around your KNEES/ANKLES/FEET. Take wide, controlled steps to the RIGHT/LEFT. Sidestep RIGHT/LEFT for _________ feet, then continue facing the same direction and side step back to the starting position, leading with the opposite leg. You may also modify this by squatting lower (per third picture).

Repeat ________ times per set. Perform ________ sets, ________ times per day/week.

*Erbst OrthoSport Physical Therapy*

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