



Erbst OrthoSport

Physical Therapy



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.

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