

Step Downs

Type: Strength, balance, neuro-muscular adaptation

Muscle(s) Worked: Gluteus medius, core, quadriceps

Equipment Needed: Step or sturdy box, light hand weights when more advanced

INSTRUCTIONS:

1. Place a box or step in front of you, about the height of a stair step.
2. Place your right foot on the edge of the step.
3. Place your hands on the top of your hips.
4. The most important part of this exercise is to keep your hips level.
5. Slowly lower your left foot to the ground by bending your right knee in a squatting motion. Point the toes of your left foot towards the ceiling during the squat and tap the ground with your left heel at the bottom of your squat and then stand back up. Again, keep the hips level and do not let them tip.
6. Repeat for the number of repetitions and sets that your therapist prescribed.
7. Switch to the left foot and repeat.

NOTE: The smaller the box or step, the easier the exercise. Use the size that is appropriate, as prescribed by your therapist.

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