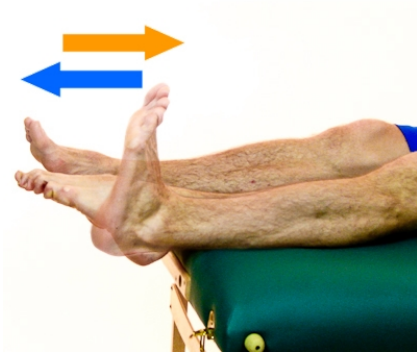


ANKLE PUMPS - AP

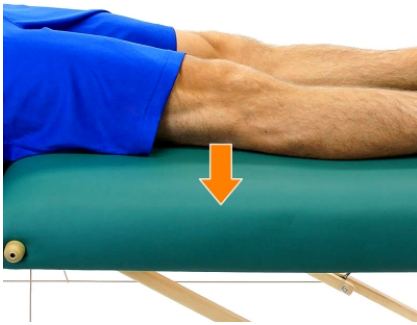
Bend your foot up and down at your ankle joint as shown.



Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day

QUAD SET

Tighten your top thigh muscle as you attempt to press the back of your knee downward towards the table.



Repeat 20 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

GLUTE SET - SUPINE

While lying on your back, squeeze your buttocks and hold. Repeat.



Repeat 20 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

HEEL SLIDES - SUPINE



Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



Hold a gentle stretch in this position and then return to original position.

SHORT ARC QUAD - SAQ



Place a rolled up towel or object under your knee and slowly straighten your knee as you raise up your foot.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



STRAIGHT LEG RAISE - SLR



While lying or sitting, raise up your leg 12-18 inches with a straight knee. Keep the opposite knee bent with the foot planted to the ground.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



supine hip abduction

Lie on your back with legs close together. Slide one leg away from the other as far as you can. Slowly return. Repeat as many times as instructed with each leg.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



LONG ARC QUAD - LAQ - HIGH SEAT

While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards as shown.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



SEATED MARCHING

While seated in a chair, draw up your knee, set it down and then alternate to your other side.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



SEATED HEEL SLIDES

While in a seated position and foot forward and rested on the floor, slowly slide your foot closer towards you.

Hold a gentle stretch and then return foot forward to original position.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day

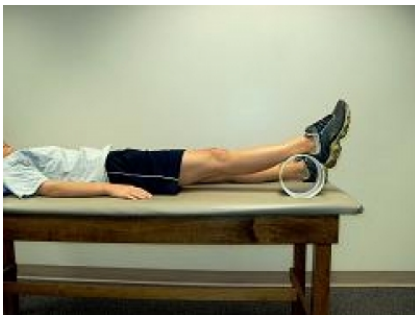


HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

The bottom leg can be bent to stabilize your body.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



PROPPED EXTENSION (LYING)

While lying comfortably on a bed or sofa surface, straighten the involved leg out allowing the heel to rest on a firm object. The back of the knee and calf should not touch the chair or bed. Relax the thigh and leg muscles to allow the knee to straighten fully. Hold up to 20 minutes