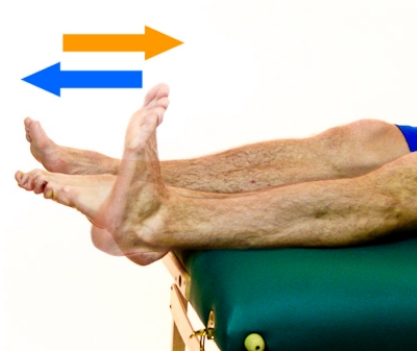


Total 17

ANKLE PUMPS - AP

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



Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day

SHORT ARC QUAD - SAQ

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



Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day

GLUTE SET - SUPINE

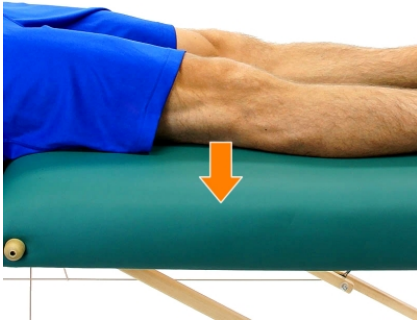
While lying on your back, squeeze your buttocks and hold. Repeat.



Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 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 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 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.



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

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day

SUPINE HIP ABDUCTION

While lying on your back, slowly bring your leg out to the side. Keep your knee straight the entire time.



Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 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 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



BRIDGING WITH PILLOW SQUEEZE

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

Repeat 15 Times
 Hold 1 Second
 Complete 1 Set
 Perform 3 Time(s) a Day



STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Repeat 15 Times
 Hold 1 Second
 Complete 1 Set
 Perform 3 Time(s) a Day



DIPS IN CHAIR

While sitting in a chair with arm rests, push yourself upwards so that you lift your buttocks of the chair. Then lower down controlled back to normal seated position.

If you are unable to lift yourself up, you can perform "pressure releases" so that you simply push to take some weight off your buttocks.

Repeat 15 Times
 Hold 1 Second
 Complete 1 Set
 Perform 3 Time(s) a Day



HIP ABDUCTION - STANDING

While standing, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

Use your arms for support if needed for balance and safety.

Repeat 15 Times
 Hold 1 Second
 Complete 1 Set
 Perform 3 Time(s) a Day



HIP FLEXION - STANDING - SLR

While standing on one leg, lift your other leg forward with a straight knee as shown. Return to starting position and repeat.

Use your arms for support if needed for balance and safety.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



HIP EXTENSION - STANDING

While standing, balance on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements.

Keep your trunk stable and without arching during the movement.

Use your arms for support if needed for balance and safety.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



STANDING HAMSTRING CURLS

While standing, bend your knee so that your heel moves towards your buttock. Lower back down until first contact with floor and repeat.

Keep knees in-line with one another.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



Partial squat with support

Mini or partial squats with a chair or at a counter:

Holding on to a chair or stable surface, with knees about shoulder width apart and pointing forward, slightly bend hips and knees as if sitting down on to a chair, and then slowly stand back up.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



STANDING HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



Lunges

Take large step forward with one foot and bend at both knees as if driving back knee down toward the floor. Be aware not to let front knee go past toes. Return and repeat with other leg.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day