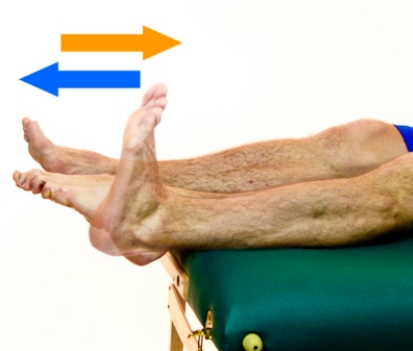


Total 19

## 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

## 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

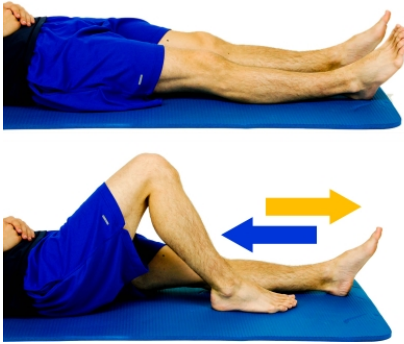
## ELASTIC BAND - SUPINE HIP ABDUCTION

Place a pillow between your knees. 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

### HEEL SLIDES - SUPINE

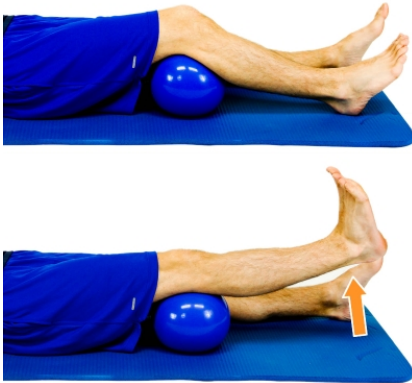


Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee.

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

### 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 15 Times  
Hold 5 Seconds  
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 3 Seconds  
Complete 1 Set  
Perform 3 Time(s) a Day

### HAMSTRING SET



Lie down on your back and then bend your knee. Next, press your heel into the ground and hold. Relax and repeat.

Repeat 15 Times  
Hold 5 Seconds  
Complete 1 Set  
Perform 1 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



### HIP ABDUCTION SIDELYING 2

While lying on your side and upper most leg on 2-3 pillows, slowly raise up the top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

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



The bottom leg can be bent to stabilize your body.

### HEEL RAISES - PLANTARFLEXION - BILATERAL

Start with your entire foot on the ground.

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



Next, raise up your heels as you press your toes down. Keep your toes on the ground the entire time.

### TOES RAISES - DORSIFLEXION - BOTH

Start with your feet on the ground.

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



Next, raise up both forefeet and toes as shown as you bend at your ankle. Keep your heels on the ground the entire time.



### 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 1 Time  
Hold 1 Second  
Complete 1 Set  
Perform 1 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 MARCHING

While standing, draw up your knee, set it down and then alternate to your other side.

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 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



### 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



### Mini squats

Stand at countertop and bend knees for a mini squat.

Repeat 15 Times  
Hold 2 Seconds  
Complete 1 Set  
Perform 3 Time(s) a Day



## SINGLE LEG STANCE - SLS

Stand on one leg and maintain your balance.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Time(s) a Day