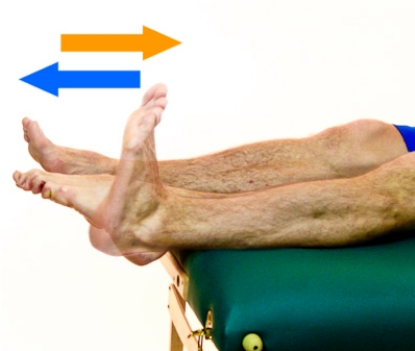


ANKLE PUMPS - AP

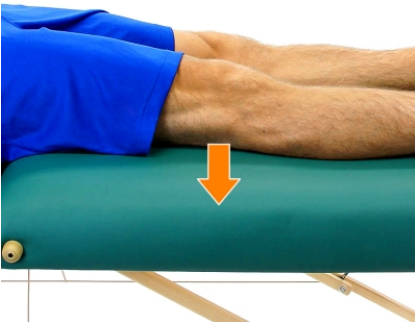
Bend your foot up and down at your ankle joint as shown.



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

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 5 Seconds
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 3 Seconds
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 3 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



Heel Prop

Sit with leg propped (using a large towel, books, rollers, etc), relax letting the leg straighten into extension.
*Can also assist by placing your hand just above the knee and gently pressing down toward the floor.

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



Knee Flexion Heel Slide

While in a supine position, hook two straps around the affected limbs foot. Next, use the straps to pull your foot towards your buttock until a maximum bend in your knee is achieved.

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



SEATED HAMSTRING STRETCH

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Repeat 3 Times
 Hold 30 Seconds
 Complete 1 Set
 Perform 3 Time(s) a Day



SEATED KNEE FLEXION STRETCH SCOOT

While in a seated position, slides your foot back to a bent knee position. Keep your foot planted on the ground and scoot forward until a stretch is felt at the knee.

Repeat 15 Times
 Hold 10 Seconds
 Complete 1 Set
 Perform 3 Time(s) a Day



HIP FLEXOR STRETCH 3

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

At the same time, slowly bend your affected knee to add more stretch.

Repeat 3 Times
 Hold 30 Seconds
 Complete 1 Set
 Perform 3 Time(s) a Day



Seated Hamstring stretch

Sit with one leg in front (knee straight). Sit up tall and pivot at the hips as you reach towards the outstretched foot (don't bend your back). Hold that position.

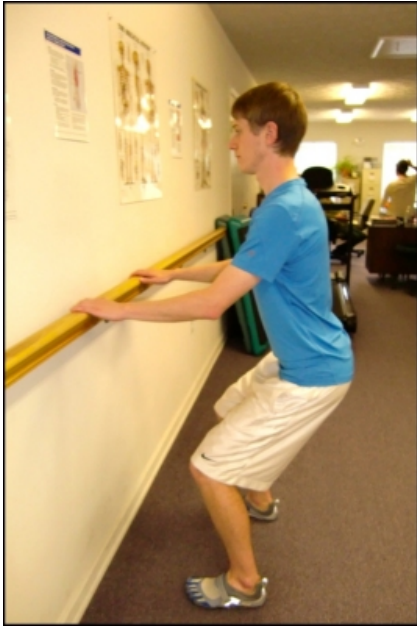
Repeat 3 Times
 Hold 30 Seconds
 Complete 1 Set
 Perform 3 Time(s) a Day



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



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 3 Time(s) a Day



Knee stair stretch

Place involved knee up on staircase (2 stairs up); lean body toward involved knee until a stretch is felt

Repeat 15 Times
Hold 10 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



Dynamic Runner Stretch

1. Using a table as a support, step back with both legs until a stretch is felt in both calf muscles.
2. Keep back straight.
3. Lift right heel then left heel as right heel is lowering. Keep alternating heel lifts while keeping toes on ground.

Repeat 30 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Day



STANDING CALF STRETCH - GASTROC

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day