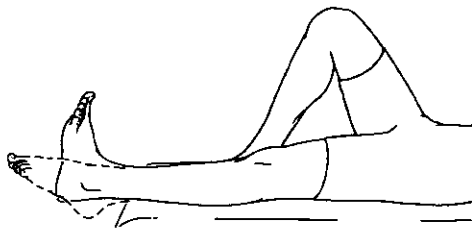
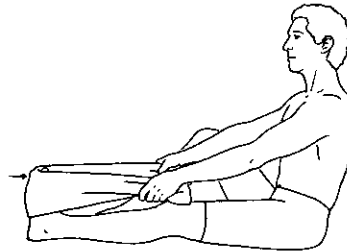


Ankle Pumps



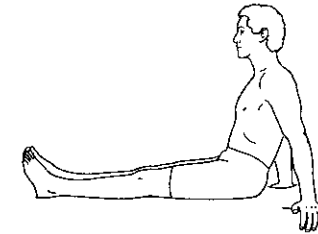
With leg relaxed, gently flex and extend ankle. Circle ankle. Move through full range of motion. Repeat 20 times per set.

Calf and Hamstring Stretching



Sit with knee straight and towel looped around foot. Gently pull on towel until stretch is felt in calf. Hold 30 seconds. Repeat 3 times per set.

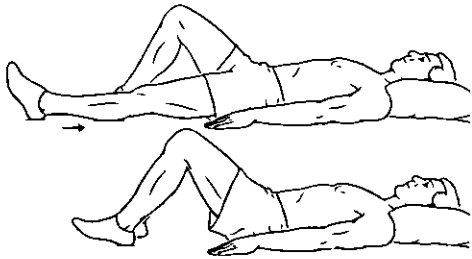
Quad Sets/Glut Sets



Tighten muscles on top of thighs by pushing knees down into surface. Hold 10 seconds.

Squeeze buttocks together, hold for 10 seconds. Repeat 10 times per set. Repeat 2 sets per session.

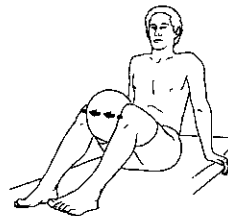
Active Knee Flexion



Slide heel toward buttocks until a gentle stretch is felt. Hold 20 seconds. Relax. Repeat 10 times per set. Do 2 sets per session.

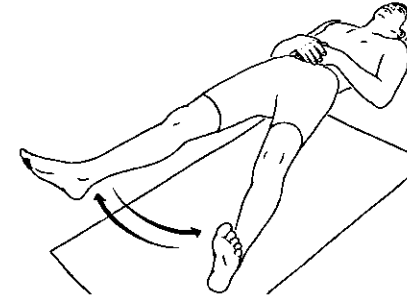
Strengthening: Hip Adduction – Isometric

LIE DOWN



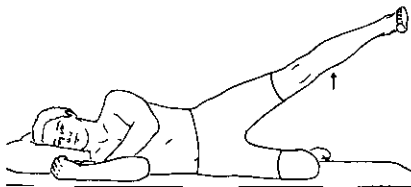
With ball or folded pillow between knees, squeeze knees together. Hold 10 seconds. Repeat 20 times.

Hip Abduction / Adduction: with Extended Knee (Supine)



Bring left leg out to side and return. Keep knee straight. Repeat 10 times per set. Do 2 sets per session.

Strengthening: Hip Abduction (Side-Lying)



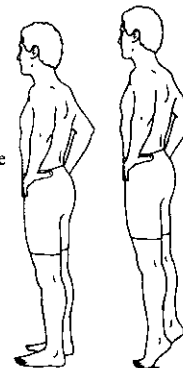
Tighten muscles on front of thigh, then lift leg 12 inches from surface, keeping knee locked. Keep the foot pointing straight ahead. Do not let the foot point upward.

Can place a pillow between the legs for greater ease. Repeat 10 times per set. Do 2 sets

Heel Raise: Bilateral

Stand at the kitchen counter and rise on balls of feet.

Repeat 20 times.



Balance, stand at kitchen counter.

Attempt to balance on single leg, eyes open. Hold 20 seconds.

Repeat 5 times

