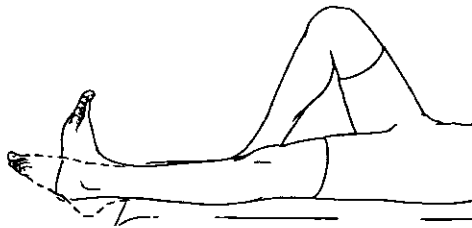
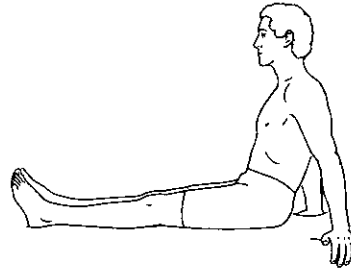


Ankle Pumps



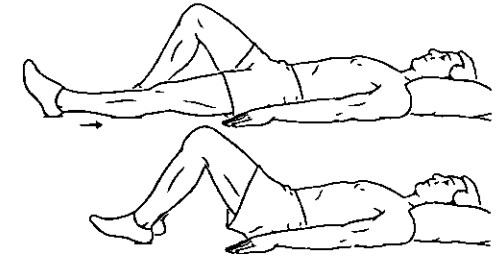
With leg relaxed, gently flex and extend ankle. Move through full range of motion. Avoid pain. Repeat 20 times per set.

Quad Sets



Tighten muscles on top of thighs by pushing knees down into surface. Hold 10 seconds. Repeat 10 times per set. Repeat 2 sets per session.

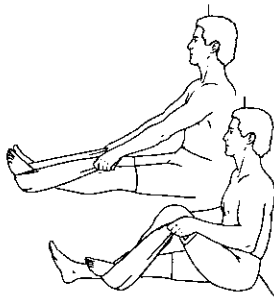
Active Knee Flexion



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

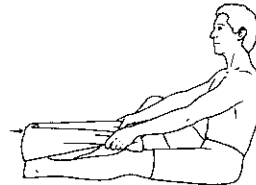
Passive Knee Flexion Range of Motion

With towel around heel, gently pull knee up with towel until stretch is felt. Hold 20 seconds.



Repeat 10 times per set.

Calf and Hamstring Stretching

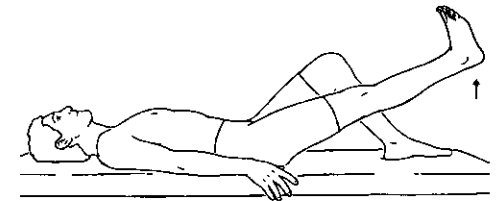


Sit with knee straight and towel looped around foot. Gently pull on towel until stretch is felt in calf. Hold 30 seconds.

Repeat but sit up straight to feel a pull in the hamstrings behind the thigh.

Repeat 3 times per set.

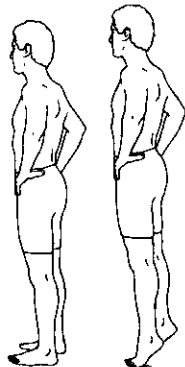
Straight Leg Raises



Tighten muscles on front of thigh, then lift leg 12 inches from surface, keeping knee locked. Repeat 10 times per set. Do 2 sets per session.

Heel Raises

Standing at a counter, rise on balls of feet.



Repeat 20 times.

Single Leg Balance, Standing at Counter

Attempt to balance on one leg, eyes open. Hold 5-20 seconds. Repeat with other leg.

Repeat 5 times per leg.

