

AROM ankle DF/PF (elevated ankle pumps)

- Lie on your back - foot does not need to be elevated on pillow.
- Move foot forward and backward, extending the ankle.
- Complete with both legs.

Perform 1 set of 10 Repetitions, twice a day.

Perform 0 repetitions every 0 Seconds.

Iso knee ext sit (quad sets)

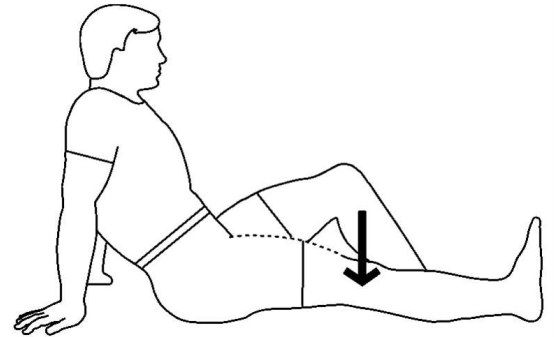
- Sit with leg extended.
- Tighten quad muscles on front of leg, trying to push back of knee downward.

Special Instructions:

Maintain regular breathing pattern (do not hold your breath).

Perform 1 set of 10 Repetitions, twice a day.

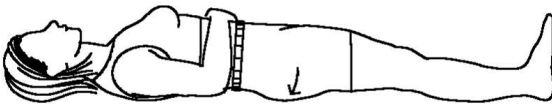
Hold exercise for 5 Seconds.

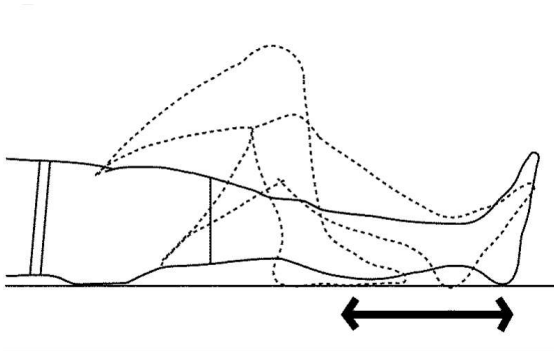


Iso hip gluteal sets supine

- Lie on your back with both legs straight.
- Flex/squeeze buttocks together.
- Hold for five seconds, relax, then repeat.

Perform 1 set of 10 Repetitions, twice a day.





AROM hip/knee flx (heel slides)

- Lie on back with legs straight.
- Slide heel up to buttocks.
- Slowly return to start position.

Perform 1 set of 10 Repetitions, twice a day.

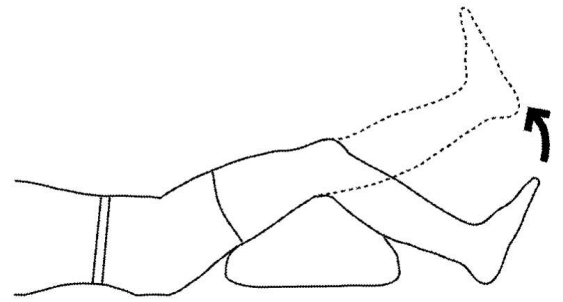
Perform 0 repetitions every 0 Seconds.

AROM knee ext (SAQ) sit

- Lie on your back, with involved leg bent to 45 degrees, supported with a pillow or rolled towel.
- Straighten your leg at knee.
- Slowly return to start position.

Perform 1 set of 10 Repetitions, twice a day.

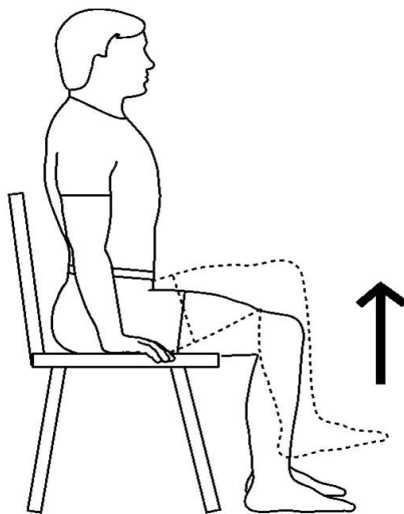
Perform 0 repetitions every 0 Seconds.

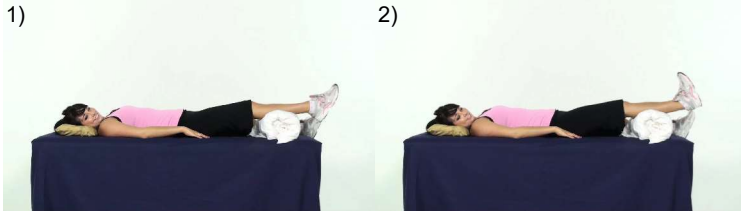


AROM hip flx sit

- Sit on a chair with both feet on floor.
- Lift knee of involved leg up and lower slowly.
- Avoid excessive movement of your body, try to only move your operated leg.
- Lift your leg as high as you can tolerate without significant pain.

Perform 1 set of 10 Repetitions, twice a day.





AROM ankle DF/PF (elevated ankle pumps)

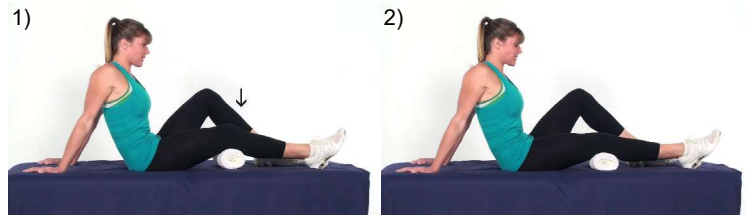
- Lie on your back - foot does not need to be elevated on pillow.
- Move foot forward and backward, flexing the ankle.
- Complete with both legs.

Perform 1 set of 10 Repetitions, twice a day.

Perform 0 repetitions every 0 Seconds.

Iso knee ext sit (quad sets)

- Sit with leg extended, supported by pillow or towel.
- Tighten quad muscles on front of leg, trying to push back of knee downward.
- Hold exercise for 5 seconds.



Special Instructions:

Maintain regular breathing pattern (do not hold your breath).

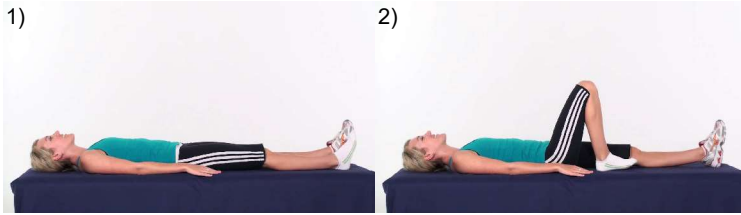
Perform 1 set of 10 Repetitions, twice a day.



Iso hip gluteal sets supine

- Lie on your back with both legs straight.
- Squeeze buttocks together.
- Hold position for five seconds, relax, and repeat.

Perform 1 set of 10 Repetitions, twice a day.



AROM hip/knee flx (heel slides)

- Lie on your back with both legs straight (remove shoe from effected foot).
- Slide your heel up to buttocks.
- Slowly return to start position.

Perform 1 set of 10 Repetitions, twice a day.

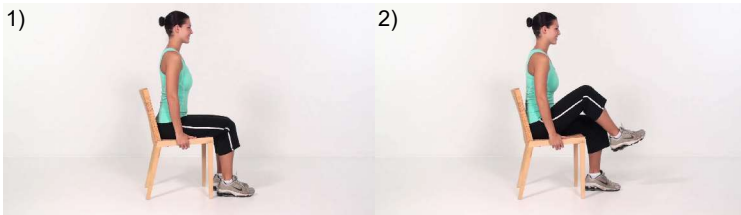
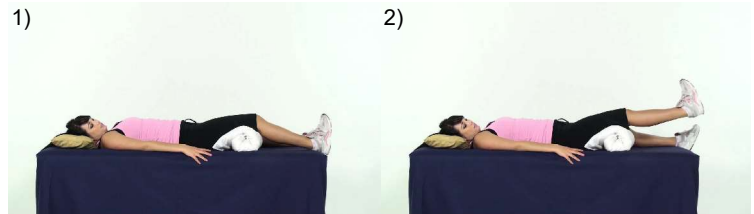
Perform 0 repetitions every 0 Seconds.

AROM knee ext (SAQ) sit

- Lie on your back, with involved leg bent to 45 degrees, supported with a pillow or rolled towel, as shown.
- Straighten your leg at the knee, lifting the foot.
- Slowly return to starting position.

Perform 1 set of 10 Repetitions, twice a day.

Perform 0 repetitions every 0 Seconds.



AROM hip flx sit

- Sit on a chair with feet on comfortably on the floor.
- Lift knee of involved leg up and lower slowly.
- Try to only move your operated leg, avoiding excessive movement of your body.
- Lift your leg as high as you can tolerate without significant pain.

Perform 1 set of 10 repetitions, twice per day.