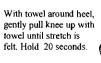
Ankle Pumps



With leg relaxed, gently flex and extend ankle. Move through full range of motion. Avoid pain.

Repeat 20 times per set.

Passive Knee Flexion Range of Motion



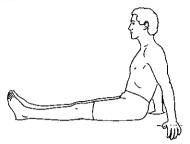
Repeat 10 times per set.

Heel Raises

Standing at a counter, rise on balls of feet.



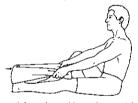
Quad Sets



Tighten muscles on top of thighs by pushing knees down into surface. Hold $\underline{-10}$ seconds.

Repeat 10 times per set. Repeat 2 sets per session.

Calf and Hamstring Stretching

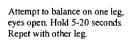


Sit with knee straight and towel looped around foot. Gently pull on towel until stretch is felt in ealf.
Hold 30 seconds.

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

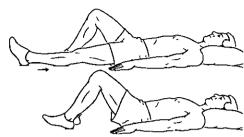
Repeat 3 times per set.

Single Leg Balance, Standing at Counter



Repeat 5 times per leg.





Slide heel toward buttocks until a gentle stretch is felt. Hold 20 seconds. Relax.

Repeat 10 times per set. Do 2 sets per session.

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.