

Long Sitting Calf Stretch with Strap

REPS: 3	SETS: 1	HOLD: 30	DAILY: 2
WEEKLY: 7			



Setup

Begin sitting on the floor with one foot stretched in front of you, your other knee bent, and a strap secured around your foot.

Movement

Slowly pull your foot towards you with the strap until you feel a stretch in your calf.

Tip

Make sure to keep your knee straight during the stretch.

Seated Table Hamstring Stretch

REPS: 3	SETS: 1	HOLD: 30	DAILY: 2
WEEKLY: 7			



Setup

Begin sitting upright on the edge of a table or bed with one leg resting straight on the bed and your other foot on the floor.

Movement

Gently lean forward, hinging at your hips, until you feel a stretch on the back of your leg, and hold.

Tip

Make sure to keep your knee straight and toes pointing up toward the ceiling. Do not round your back as you bend forward.

Long Sitting Quad Set

REPS: 10	SETS: 1	HOLD: 10	DAILY: 2
WEEKLY: 7			



Setup

Begin sitting upright on the floor with one leg laying straight and your other knee bent.

Movement

Straighten your leg, pushing your knee toward the floor, and hold.

Tip

Make sure to keep your back straight during the exercise.

Sitting Heel Slide with Towel

REPS: 10	SETS: 1	HOLD: 10	DAILY: 2
WEEKLY: 7			



Setup

Begin sitting with your knees straight and a towel looped around one foot, holding the ends in both hands.

Movement

Use the towel to gently bend your knee until a stretch is felt. Hold, and then slide your heel forward into the starting position and repeat.

Tip

Make sure that your leg does not rotate in or out as you bend your knee.

Supine Straight Leg Raises

REPS: 10	SETS: 3	DAILY: 2	WEEKLY: 7
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Setup

Begin lying on your back on a bed or flat surface with your surgical leg straight and your other leg bent.

Movement

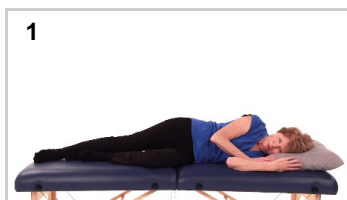
Pull your toes toward your body, keeping your knee straight, and slowly lift your surgical leg off the bed until it is close to parallel with your other thigh. Hold briefly, then lower it back down to the starting position and repeat.

Tip

Make sure to keep your thigh muscles tight and your knee straight. Do not turn your foot or hip in or out during the exercise.

Sidelying Hip Abduction

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin lying on your side with your top leg straight and your bottom leg bent.

Movement

Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.

Tip

Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

Supine Bridge

REPS: 10	HOLD: 10	DAILY: 1	WEEKLY: 7
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Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Seated Long Arc Quad

REPS: 10	HOLD: 10	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright in a chair.

Movement

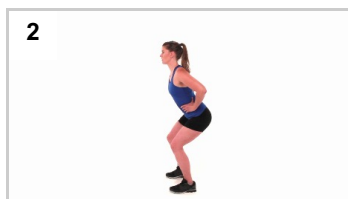
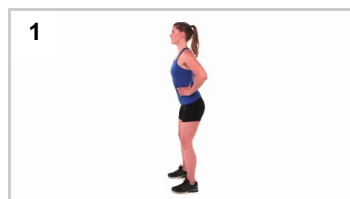
Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

Mini Squat

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position, with your feet slightly wider than shoulder width apart.

Movement

Bend your knees and hips into a mini squat position, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.