

## Standing Gastroc Stretch

<b>REPS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
----------------	-----------------	-----------------	------------------



### Setup

Begin standing in front of a table or wall.

### Movement

Place your hands on the table and step back with one leg, keeping your back knee straight, heel on the ground, and toes pointing forward.

### Tip

Do not let your heel come off the ground or your toes turn in or out.

## Seated Table Hamstring Stretch

<b>REPS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
----------------	-----------------	-----------------	------------------



KEEP surgical knee STRAIGHT

### 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.

---

## Sitting Heel Slide with Towel

<b>REPS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
----------------	-----------------	-----------------	------------------



### 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.

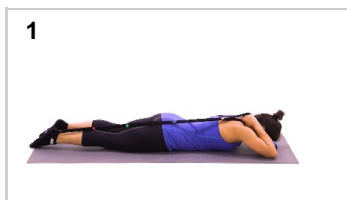
### Tip

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

---

## Prone Quadriceps Stretch with Strap

<b>REPS: 10</b>	<b>HOLD: 10</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
-----------------	-----------------	-----------------	------------------



### Setup

Begin lying on your front with your legs straight, holding the end of a strap that is looped around one foot.

### Movement

Pull the end of the strap over your shoulder on the same side of your body, bending your knee, until you feel a gentle stretch in your thigh.

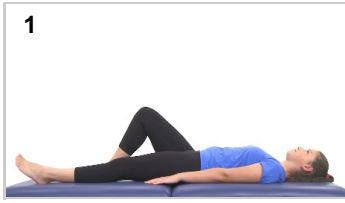
### Tip

Do not let your low back arch during the stretch.

---

## Straight Leg Raise

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
-----------------	----------------	-----------------	------------------



### Setup

Begin lying on your back with one leg bent and your opposite leg straight.

### Movement

Keeping your leg straight, raise your leg up until your thigh is at the same height of your bent knee. Slowly return to the starting position and repeat.

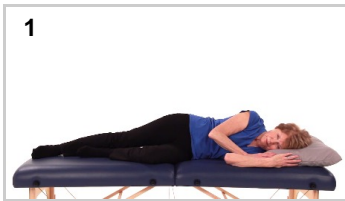
### Tip

Make sure to not let your leg or pelvis rotate to either side and do not arch your back.

---

## Sidelying Hip Abduction

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
-----------------	----------------	-----------------	------------------



### 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.

## Bridge

REPS: 10

HOLD: 5

DAILY: 1

WEEKLY: 7



### Setup

Begin lying on your back with your knees bent and feet hip width apart.

### Movement

Squeeze your stomach and buttock muscles and lift your bottom up into a bridge position. Return to the starting position and repeat.

### Tip

Make sure to keep your stomach and buttock muscles active and do not arch your back during the exercise.

## Seated Long Arc Quad

REPS: 10

SETS: 3

HOLD: 5

DAILY: 1

WEEKLY: 7



### Setup

Begin sitting upright.

### Movement

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

### Tip

Make sure to keep your back straight during the exercise.

## Standing Heel Raises

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### Setup

Begin in a standing upright position in front of a counter or stable surface for support.

### Movement

At the same time, slowly raise both heels off the ground, then lower them down to the floor and repeat.

### Tip

Make sure to maintain an upright posture and keep your weight on the balls of your feet when you lift your heels.

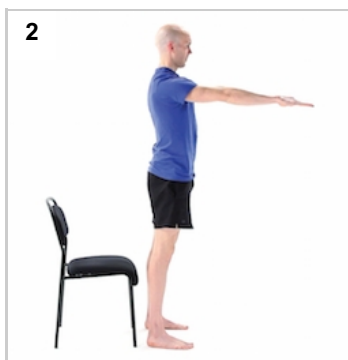
## Sit to Stand without Arm Support

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### Setup

Begin by sitting upright on a chair with your feet slightly wider than shoulder width apart.

### Movement

Reach out with your arms and lean forward at your hips until your bottom starts to lift off the chair. Move your body into a standing upright position, then reverse the order of your movements to return to the starting position.

### Tip

Make sure not to let your knees collapse inward during the exercise.