
1. Ankle Pumps

- ◆ While lying in bed or while sitting in a chair, slowly bend your foot up, bringing your toes towards you as far as possible.
- ◆ Hold 2-3 seconds and then point your toes and foot down away from you as far as possible.
- ◆ Repeat this 20 times.
- ◆ Perform this exercise 4 times per day



2. Short Arc Quads

- ◆ Lie on your back and place a towel roll under your knee.
- ◆ Tighten your thigh muscles and press down on the towel as if you were straightening the knee. Lift your foot off of the bed or floor as you are able to.
- ◆ Hold this 5-10 seconds, then relax.
- ◆ Perform 2 sets of 10 repetitions per session.
- ◆ Perform 4 sessions per day.



3. Heel Slides

- ◆ Lie flat on your back.
- ◆ Place a rolled up sheet or stretching strap around your foot and slowly slide your heel up towards your rear. Allow the knee to bend until you feel a good stretch. Use the strap or sheet to help give you slightly more stretch.
- ◆ Hold this 2-3 seconds and then slowly lower down.
- ◆ Repeat 20 times.
- ◆ Perform this 4 times per day.



4. Straight Leg Raise

- ◆ Lie on your back with your involved knee straight and the other knee bent.
- ◆ Keep the leg completely straight and tighten the muscles on the front of the thigh.
- ◆ Raise the leg about 12-18 inches off of the floor.
- ◆ Hold 2-3 seconds and then slowly lower down.
- ◆ Repeat 10 repetitions of this.
- ◆ Perform this 4 times per day.



5. Hip Abductions

- ◆ Lie on your back.
- ◆ Slowly slide your involved leg out to the side as far as you can.
- ◆ Hold 2-3 seconds and relax.
- ◆ Return the leg back to midline.
- ◆ Perform 10 repetitions of this to begin with.
- ◆ Increase this to 20 repetitions, as you are able.
- ◆ Repeat this 4 times per day.



6. Gluteal Sets

- ◆ Perform this exercise while lying on your back.
- ◆ Slowly tighten the muscles in your buttocks as if squeezing your cheeks together.
- ◆ Hold 2-3 seconds and then relax.
- ◆ Perform 10 repetitions and increase this to 20 repetitions as able.
- ◆ Repeat this 4 times per day.