

Stretch knee flx sit w/towel (Sitting towel Quad stretch)



- Sit.
- Bend involved knee and place foot flat as shown.
- Loop towel around ankle.
- Pull heel towards buttocks and hold.
- Relax and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Use Towel.
Hold exercise for 20 Seconds.

Stretch knee flx longsit (Sitting knee bend)

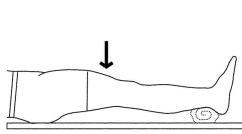


- Sit.
- Bend involved knee and place foot flat as shown.
- Gently slide hips and buttocks toward ankle.
- Do not let foot move.
- Relax and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch knee ext supine (Knee extend stretch)



- Lie face up, ankle supported on towel roll.
- Relax leg and allow gravity to straighten leg.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

AROM hip flx stand bent knee (Chair march)

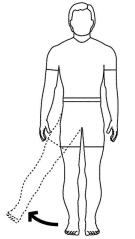


- Stand with hand on table or chair for support.
- Lift right leg up as high as possible, bending knee.
- Lower leg.
- Lift left leg up as high as possible, bending knee.
- Lower leg.
- Repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM hip abd uni stand (Side leg kickout)



- Stand.
- Place weight on uninvolved leg.
- Keep knee straight, moving involved leg outward.
- Return to start position.

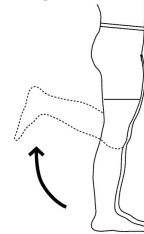
Special Instructions:

Keep trunk upright.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM knee flx uni standing (Standing one leg knee bend)



- Stand, bend involved leg toward hip through full range.
- Return to starting position.
- Do not bend leg at hips.

Perform 3 sets of 20 Repetitions, once a day.

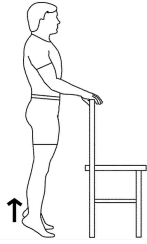
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

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These exercises are to be used only under the direction of a licensed, qualified professional.

AROM ankle PF bil stand (Double heel raise)



- Stand, using chair for balance.
- Raise up on toes, through full range.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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Perform 1 set of 4 Repetitions, twice a day.



Use Towel.
Hold exercise for 20 Seconds.

Stretch knee flx longsit (Sitting knee bend)

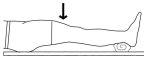
Perform 1 set of 4 Repetitions, twice a day.



Hold exercise for 20 Seconds.

Stretch knee ext supine (Knee extend stretch)

Perform 1 set of 4 Repetitions, twice a day.



Hold exercise for 20 Seconds.

AROM hip flx stand bent knee (Chair march)

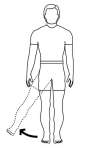
Perform 3 sets of 20 Repetitions, once a day.



Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM hip abd uni stand (Side leg kickout)

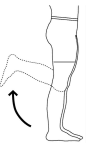
Perform 3 sets of 20 Repetitions, once a day.



Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM knee flx uni standing (Standing one leg knee bend)

Perform 3 sets of 20 Repetitions, once a day.



Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM ankle PF bil stand (Double heel raise)

Perform 3 sets of 20 Repetitions, once a day.



Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

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