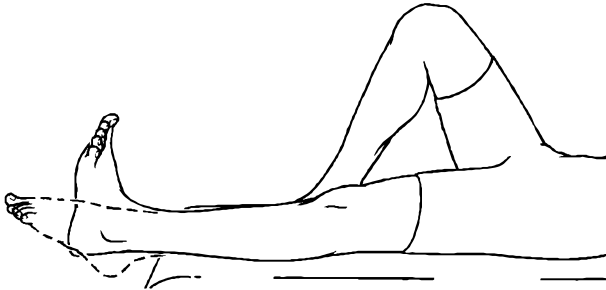


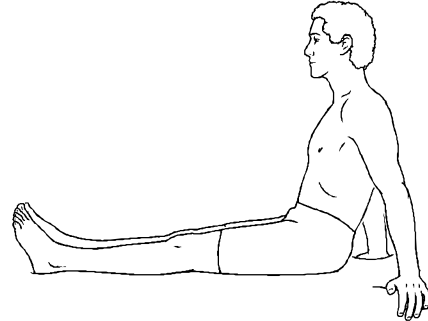
ANKLE / FOOT - 18 ROM: Plantar / Dorsiflexion



With legs relaxed, gently flex and extend ankles.  
Move through full range of motion.

Repeat 10-15 times per set.  
Do 3-5 sessions per day.

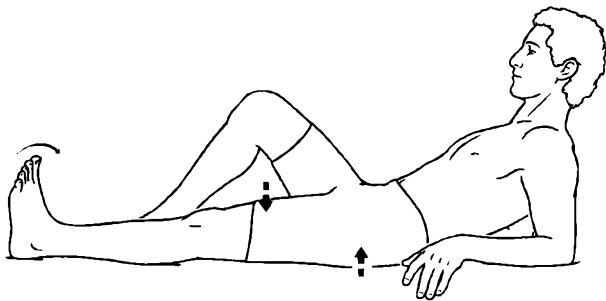
HIP / KNEE - 11 Strengthening: Quadriceps Set



Tighten muscles on top of thighs by pushing knees down into surface. Hold 5 seconds. You can do exercise lying down.

Repeat 10-15 times per set. Do 1 sets per session.  
Do 2-3 sessions per day.

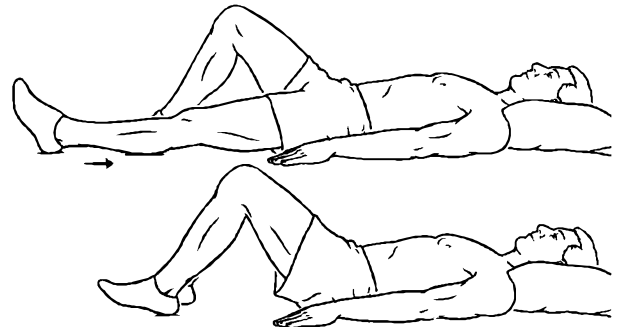
HIP - Glut Sets



Squeeze buttocks muscles. Keep leg and buttock flat on floor. Hold 5 seconds.

Repeat 10-15 times per set. Do 1 sets per session.  
Do 2-3 sessions per day.

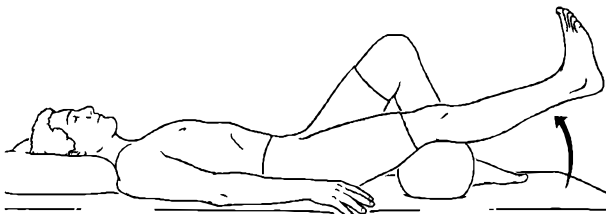
HIP / KNEE - 65 Self-Mobilization: Heel Slide (Supine)



Slide heel toward buttocks. Keep foot on the bed.  
Slide heel back down and relax leg down flat.

Repeat 10-15 times per set. Do 1 sets per session.  
Do 2-3 sessions per day.

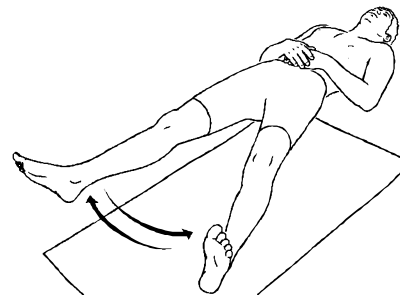
HIP / KNEE - 23 Strengthening: Terminal Knee Extension (Supine)



With knee over pillow or towel roll, straighten knee by tightening muscles on top of thigh. Keep bottom of knee on pillow or towel roll.

Repeat 10-15 times per set. Do 1 sets per session.  
Do 2-3 sessions per day.

HIP / KNEE - 50 Hip Abduction / Adduction: with Extended Knee (Supine)



Bring leg out to side and return. Keep knee straight and foot pointed up toward ceiling.

Repeat 10-15 times per set. Do 1 sets per session.  
Do 2-3 sessions per day.