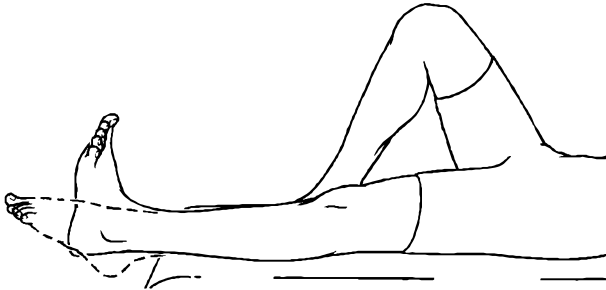
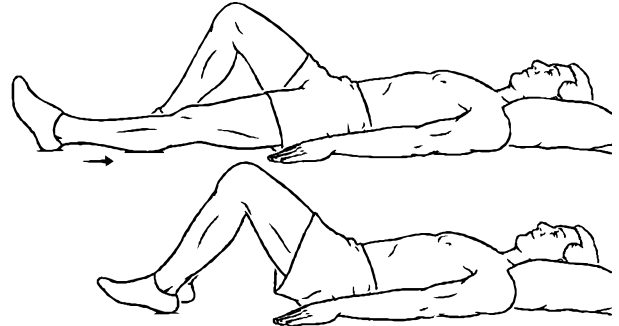


ANKLE / FOOT - 18 ROM: Plantar / Dorsiflexion



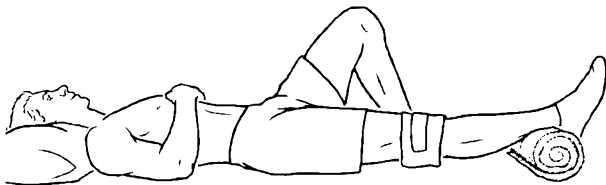
Gently bend ankle up and down.
Move through full range of motion.
Repeat 10-15 times per set. Do frequently throughout the day. Do exercise at least 3-5 times per day.

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



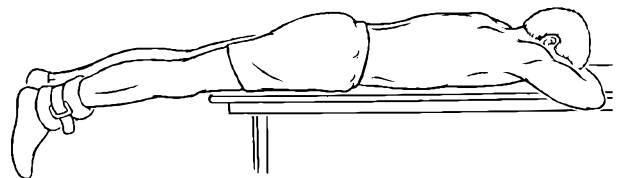
Slide heel toward buttocks until a gentle stretch is felt. Hold 5 seconds. Lower leg back down flat on bed.
Repeat 10-15 times per set. Do 3 sessions per day.

HIP / KNEE - 70 Knee Extension Mobilization: Towel Prop



With rolled towel under right ankle, let leg relax and straighten knee. Hold 5-10 minutes.
Do 3 sessions per day.

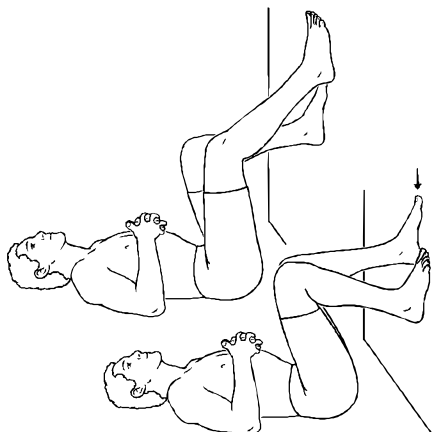
HIP / KNEE - 71 Knee Extension Mobilization: Hang (Prone)



With bed supporting thighs, relax leg and let knee straighten over edge of bed. Hold 5-10 minutes.
Do 3 sessions per day.

HIP / KNEE - 47 Knee Wall Slide

Slowly "walk" or slide feet on wall toward floor until stretch is felt in knees.

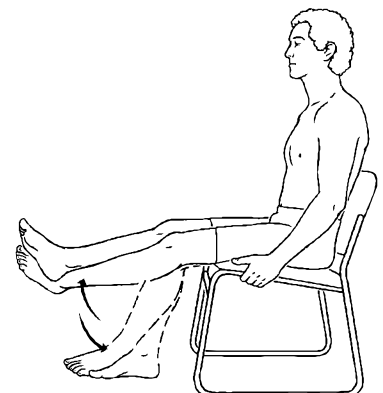


Repeat 10-15 times per set. Do 3 sessions per day.

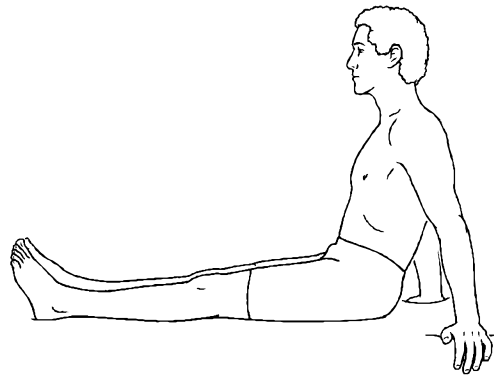
HIP / KNEE - 6 Self-Mobilization: Knee Flexion Stretch (Sitting)

Gently push operated leg back with other leg until a stretch is felt. Hold 10-15 seconds. Relax.

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



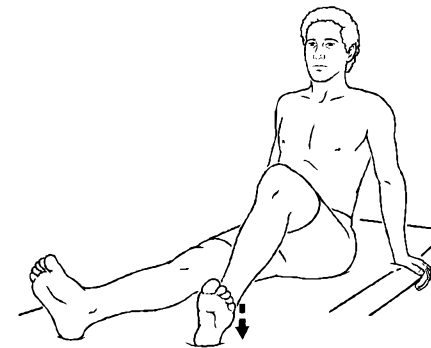
HIP / KNEE - 11 Strengthening: Quadriceps Set



Tighten muscles on top of thighs by pushing knees down into surface. Hold 5 seconds.

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

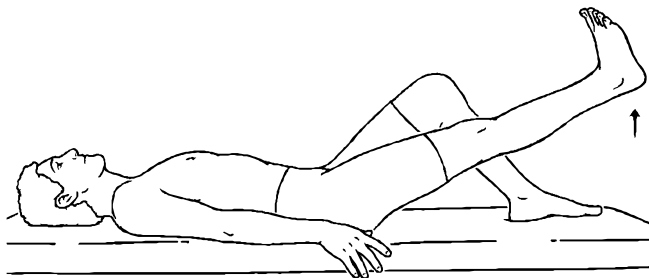
HIP / KNEE - 13 Strengthening: Hamstring Set



With knee slightly bent and heel on bed, tighten muscles on back of thigh by pulling heel down into surface. Hold 5 seconds.

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

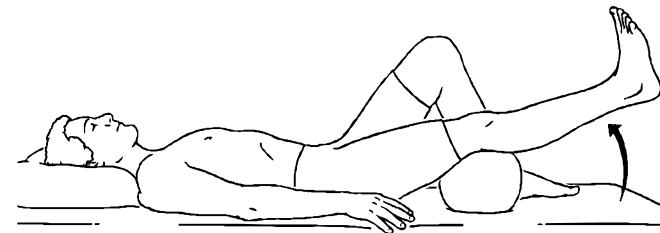
HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)



Tighten muscles on front of the thigh, then lift leg 6-8 inches from surface, keeping knee locked.

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

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

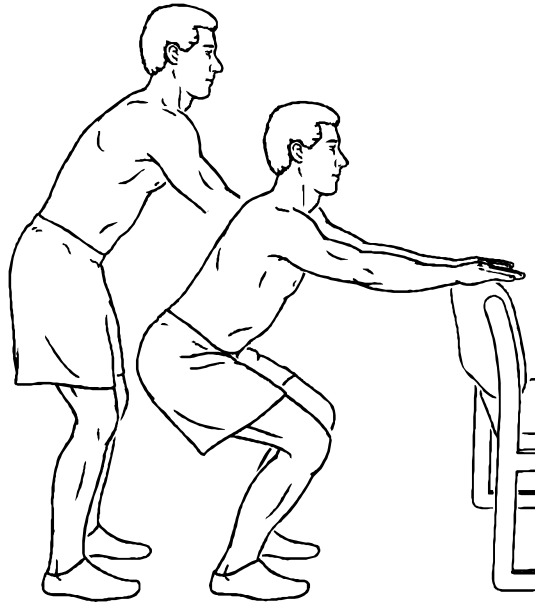


With knee over pillow or bolster, straighten knee by tightening muscles on top of thigh. Keep bottom of knee on pillow.

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

HIP / KNEE - 78 Functional Quadriceps: Chair Squat

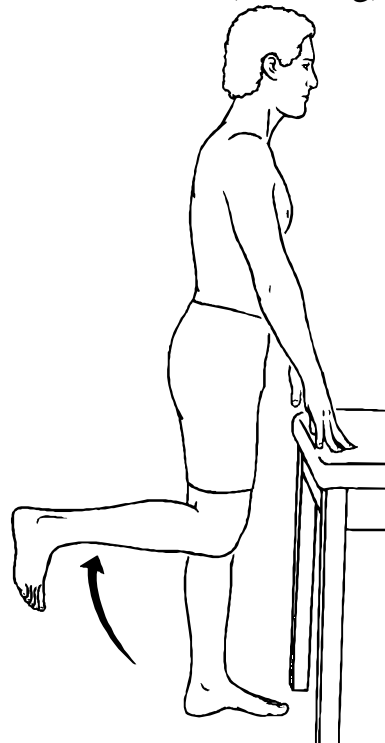
Keeping feet flat on floor, shoulder width apart, squat as low as is comfortable. Use support as necessary.



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

HIP / KNEE - 24 Strengthening: Knee Flexion (Standing)

With support, bend knee as far as possible.



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