

*All exercises should be performed in a slow and controlled manner. Ensure to not hold your breath during exercise.

*Stretches are meant to feel like a gentle pull. Stretch in tolerable ranges.

1



Ankle Pumps (Time Based)

Lying down. Point and flex your foot to perform a pumping action with your knee straight, as if you were pushing on a gas pedal. Repeat.

Repeats: 3 sets of 10 reps

Perform: 2x a day



2



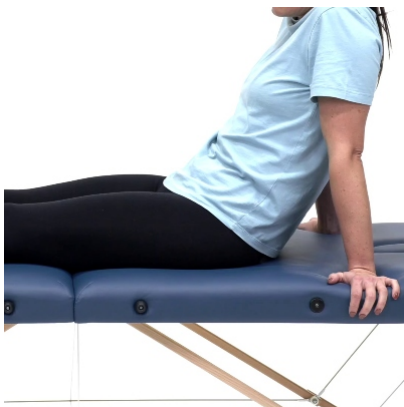
Quad Set (Time Based)

Lying down. Tighten the muscles on top of your thigh by pushing the back of your knee into a surface (such as the floor). Hold for a bit, then relax. Repeat.

Repeats: 3 sets of 5 reps
Perform: 2x a day



3



Glute Set (Time Based)

Lying down. Tighten your buttocks. Hold for 5 seconds. Relax. Repeat.

Repeats: 3 sets of 5 reps
Perform: 2x a day



4



Long Sitting Hamstring Stretch (Time Based)

THIS IS A STRETCH with hold TIME: Sit with the leg to be stretched extended out in front of you and your other leg off of the side of a bed. Reach your hands to your knee on the leg to be stretched and slide down bending your back and reaching until you feel a good stretch behind the knee. Hold for specified time, and relax.

Repeats: 3 sets of 5 reps

Hold: Please hold for the allotted time 30 for each rep performed before returning to neutral.

Perform: 3x a day



5



Knee Extension Static Stretch Seated (Time Based)

THIS IS A STRETCH with hold TIME: Sitting in a chair, prop the heel of your affected leg on a chair or ottoman in front of you with nothing under your knee. Keep your toes up toward the ceiling. Let your knee hang and let gravity slowly pull the knee straight. If you have a small cuff weight or heavy book, lay it across your knee for added pressure. Hold for the specified time.

Repeats: 3 sets of 5 reps

Hold: Please hold for the allotted time 30 for each rep performed before returning to neutral.

Perform: 2x a day



6



Knee Flexion AAROM Supine (Time Based)

Sit or lie with your legs extended. Wrap a long towel, belt, or sheet around the foot of your affected leg. Pull the towel to bend your knee, sliding that heel toward your buttocks. Bend as far as you can tolerate. Hold for 5 seconds, then return to the starting position and repeat.

Repeats: 3 sets of 5 reps

Perform: 2x a day



Please contact your provider with questions regarding your specific home exercise program.