



Things to consider while performing exercises:

- Hold each exercise for 2 seconds
- Do not perform if painful
- Slowly return to start position after each repetition
- Begin by performing 3 sets of 10 repetitions
- Focus on specific movement
- A pillowcase or towel can be used under the foot or leg to decrease friction

Quad Sets

Place a pillow or towel under the knee. Straighten the knee to lift foot off ground, like kicking a ball.



Heel Sides

Start with the leg straight. Slide the heel towards your buttocks. Keep the knee from falling side to side.



Hip Abduction

Start with the knee straight and toes pointed towards the ceiling. Slide your leg towards the side.





Internal and External Rotation

Keep the knees straight. Turn toes in then out to rotate at the hip.



Pelvic Tilt

Use the lower stomach muscles to flatten back to touch the bed



Ankle Dorsiflexion

Move ankle up. Stabilize the lower leg to prevent the leg from moving.





Ankle Plantarflexion

Move ankle down. Stabilize the lower leg to prevent the leg from moving.



Ankle Inversion

Move ankle to the inside. Stabilize the lower leg to prevent the leg from moving.



Ankle Eversion

Move ankle to the outside. Stabilize the lower leg to prevent the leg from moving.

