

**Ankle Pumps**

Bend your foot up and down at your ankle joint

Note: Keep on doing Ankle Pumps throughout the day, as it is most important exercise for leg blood circulation, prevents blood clotting and swelling

Repeat 30 Times
Complete 1 Set
Perform 3 Times a Day

**QUAD SET - TOWEL UNDER KNEE - ISOMETRIC QUADS**

Place a small towel roll under your knee, tighten your top thigh muscle to press the back of your knee downward while pressing on the towel.

Video # XVW9CNGS4

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Day

**Straight Leg Raise**

While lying or sitting, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted to the ground.

Repeat 20 Times
Complete 1 Set
Perform 3 Times a Day



Eccentric Long Arc Quad

In a seated position on a stable high surface, use the uninvolved leg to push the involved Knee up to an extended position. Slowly bring the leg down to flexed position.

Repeat 20 Times
Complete 1 Set
Perform 3 Times a Day



heel slides

heel slides while supine

Repeat 20 Times
Complete 1 Set
Perform 3 Times a Day



SIT TO STAND - THIGH SUPPORT

Start by scooting close to the front of the chair. Then lean forward and place your hands on your thighs. Rise up to standing using your hands for support.

Sit back down using your hands for support on your thighs and then repeat.

Video # XVH3VZ7BN

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Day



SEATED KNEE FLEXION STRETCH SCOOT

While in a seated position, slides your foot back to a bent knee position. Keep your foot planted on the ground and scoot forward until a stretch is felt at the knee.

Video # XVQCBHYM8

Repeat 10 Times
Hold 5 Seconds
Complete 1 Set
Perform 3 Times a Day



KNEE EXTENSION STRETCH - PROPPED

While seated, prop your foot up on another chair and allow gravity to stretch your knee towards a more straightened position.

Video # XVFZD5VLX

Repeat 5 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Times a Day



Stairs

- Keep hands on rails for support; careful not to press down on the rails as you ascend and descend.
- Keep chest tall and maintain a neutral spine.
- Bring one knee and foot up to the first step.
- Don't let your arms pull yourself up.
- Alternate legs until you get to the top.
- As you descend, slowly lower your leg and foot down to the next step.
- Slow and controlled movements.

- Condition and Functionality: Climbing stairs; hills.
- Muscles: Hip flexors, quadriceps.