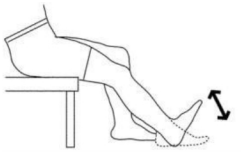


Exercise Program

AROM ankle DF/PF (not elevated)



Sit, move foot up and down as shown.
Perform 3 sets of 10 Repetitions, twice a day.
 Hold exercise for 5 Seconds.
 Rest 10 Seconds between sets.

Iso knee ext. sit (quad sets)



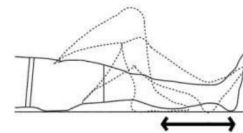
Sit with leg extended. Tighten muscles on the top and bottom of thigh, trying to push back of knee and heel downward.
Special Instructions:
 Do not hold breath.
Perform 3 sets of 10 Repetitions, twice a day.
 Hold exercise for 5 Seconds. Rest 10 Seconds between sets.

Iso hip gluteal sets supine



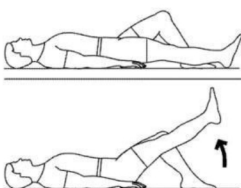
Lie on back with legs straight.
 Squeeze buttocks together.
 Hold and repeat.
Perform 3 sets of 10 Repetitions, twice a day.
 Hold exercise for 5 Seconds. Rest 10 Seconds between sets.

AROM hip/knee flex (heel slides)



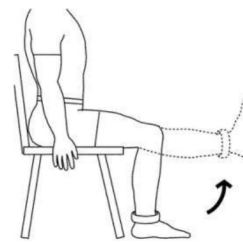
Lie on back with legs straight.
 Slide heel up to buttocks.
 Return to start position.
 Repeat with other leg.
Perform 3 sets of 10 Repetitions, twice a day.
 Hold exercise for 5 Seconds. Rest 10 Seconds between sets.
 Perform 0 repetitions every 0 Seconds.

AROM hip flex (SLR) supine knee bent



Lie on back with uninvolved knee bent as shown.
 Raise straight leg 8-12 inches from the floor.
 1. Do these exercises 2 times a day.
 2. Raise your leg 10 times, holding for 10 seconds each time.
 3. Build up to 20 times, still holding for 10 seconds each time.
 4. Continue the leg raises for 20 times but increase the holding to 20 seconds each time.
Perform 3 sets of 10 Repetitions, twice a day.
 Hold exercise for 5 Seconds. Rest 10 Seconds between sets.

Resist knee ext. (LAQ) w/wt.



Place weight on ankle of involved leg.
 Sit with knee bent to 90 degrees.
 Fully straighten knee.
 Return to start position and repeat.
Perform 3 sets of 10 Repetitions, twice a day.
 Use 0 Lbs.
 Hold exercise for 5 Seconds. Rest 10 Seconds between sets.
 Perform 0 repetitions every 0 Seconds.