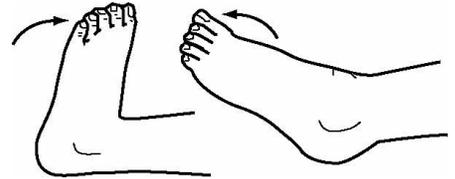


Active Leg Range of Motion

Do these exercises on your back _____ times, _____ times a day.

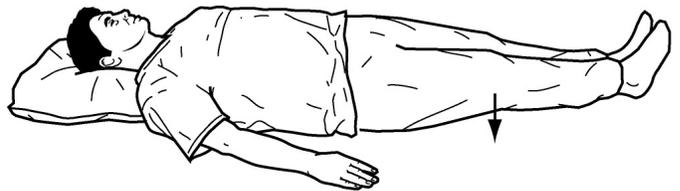
Ankle Pumps

Move your foot up and down as if pushing down or letting up on a gas pedal in a car.



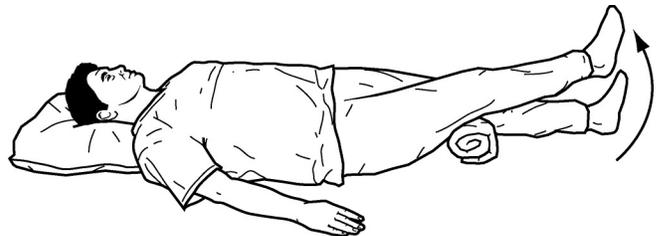
Quad Sets

Lie on your back with your legs straight and toes pointed toward the ceiling. Tighten your thigh muscles and push your knee down to the bed. Hold for 5 seconds and release.



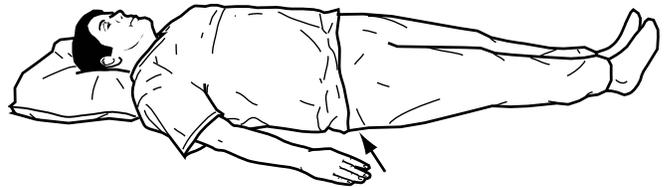
Short Arc Quads

Place a large can or rolled towel under your knee. Straighten your knee and leg. Hold _____ seconds.



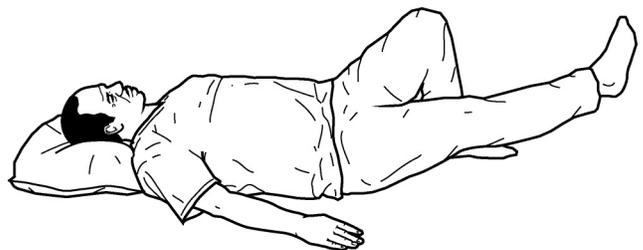
Gluteal Sets

Squeeze your buttocks together. Hold for 5 seconds and release.



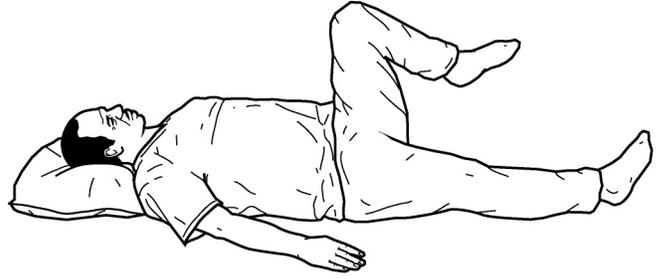
Straight Leg Raise

Lift your leg toward the ceiling while keeping your knee straight. Bend the opposite knee.



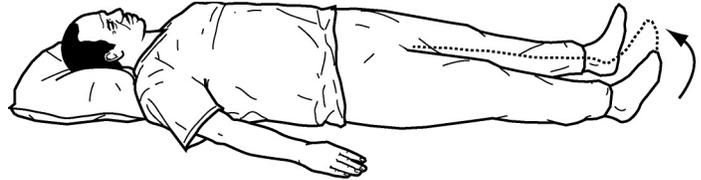
❑ Hip and Knee Bending

Bring your leg in towards your chest, bending the knee and hip. You also can do this exercise sitting.



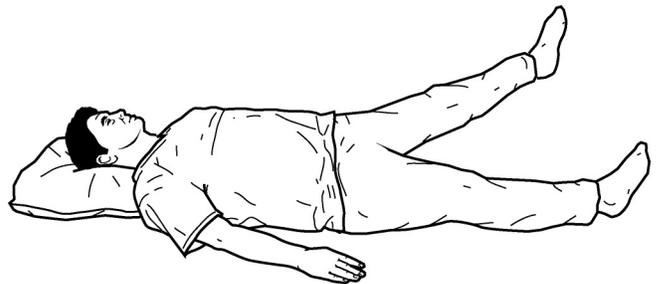
❑ Hip Rotation

Roll your leg in towards your other leg and then back out.



❑ Hip Outward and Inward

Move your leg out to the side and then back, keeping your knee straight and pointed towards the ceiling.



❑ Knee Push

Put a towel roll under your ankle and push your knee down into the bed.

