Do these exercises on your back _____ times, _____ times a day. 仰卧状态下完成以下练习_____次，每天_____次。

- **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.

臀肌动作组
收紧臀部。保持5秒后放松。

直腿抬升
保持膝盖伸直，将腿抬向天花板。弯曲另一条腿的膝盖。

臀膝弯曲
将腿抬向胸部，弯曲膝盖和臀部。您还可以坐姿完成此练习。

臀部转动
将腿向另一条腿转动，然后收回。
- **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.