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.

**髖部内外伸展**
往側面抬腿然後收回，膝蓋伸直並朝向天花板。

**膝蓋下壓**
拿捲起的毛巾墊在膝蓋下方，下壓膝蓋直至床面。