

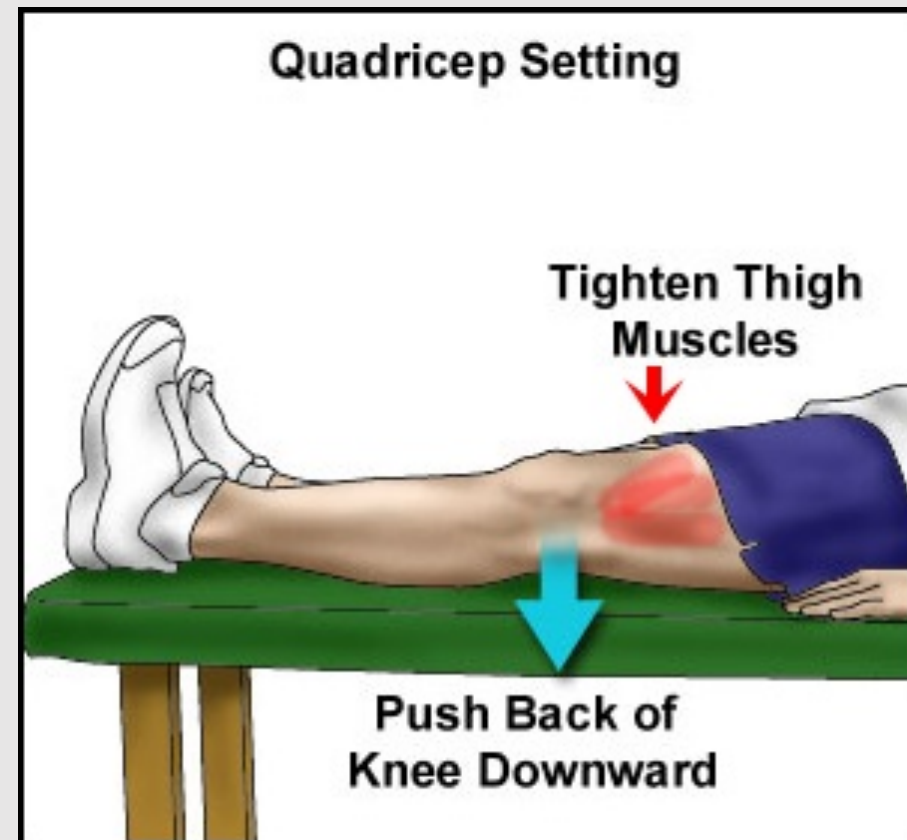
# Ankle Pump Exercises

- Pump your feet up and down
- Repeat 20 times
- Hold 3 seconds
- Complete 2 sets
- Perform 2 times/day



# Quad Set

- Tighten your top thigh muscle as you attempt to press the back of your knee downward towards the table.
- Repeat 20 times
- Hold 3 seconds
- Complete 2 sets
- Perform 2 times/day



# Glute Set Supine

- While Lying on your back, squeeze your buttocks and hold. Repeat
- Repeat 20 times
- Hold 3 seconds
- Complete 2 sets
- Perform 2 times/day



# Straight Leg Raise- SLR

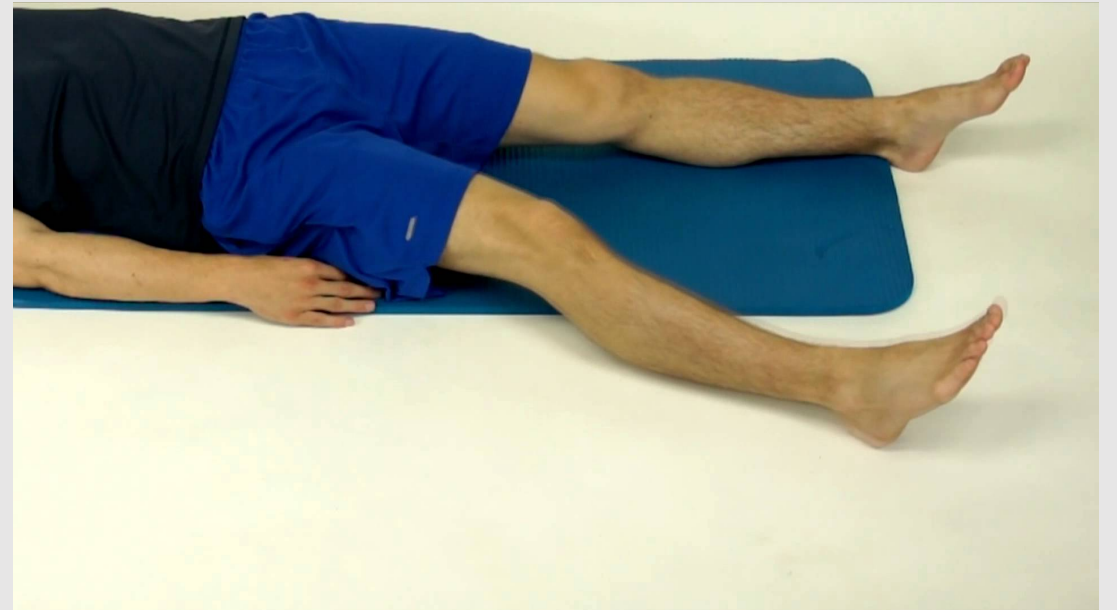
- While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground
- Repeat 20 times
- Hold 3 seconds
- Complete 2 sets
- Perform 2 times/day



# Supine Hip Abduction

- While lying on your back, slowly bring your leg out to the side. Keep your knee straight the entire time.

- Repeat 20 times
- Hold 3 seconds
- Complete 2 sets
- Perform 2 times/day



# Long Arch Quads

- Seated on a chair or bed, with upright posture. Squeeze through thigh and extend knee straightening leg. Hold for 1 second and then slowly lower leg back to starting position. Keep thigh rotated slightly out throughout exercise. Repeat all repetitions on one leg and then repeat on other leg.
- To add difficulty use a cuff weight around the ankle or wear a heavy shoe.
- Repeat 20 times
- Hold 3 seconds
- Complete 2 sets
- Perform 2 times/day



# Seated Marching

- While seated in a chair, lift up your foot and knee, set it down and then perform on the other leg. Repeat this alternating movement
- Repeat 20 times
- Hold 3 seconds
- Complete 2 sets
- Perform 2 times/day



# Walking

- Start a walking program.
- Begin by placing chairs at each end of the hallway. Walk back and forth as many times as you can. Sit when you are tired. Each session try to increase the number of laps by one.
- Remember to use your assistive device if necessary
- Please wear flat shoes or sneakers at all times when walking
  
- Complete 1 set
- Perform 1 time a day

