

1

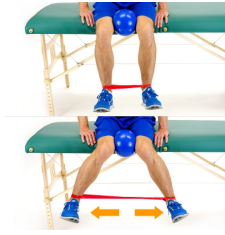


ELASTIC BAND - KNEE EXTENSION

While seated and an elastic band attached to your ankle, straighten your knee and draw your foot upwards.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

5



ELASTIC BAND - SEATED HIP ROTATION WITH BALL

Start in a seated position with a ball between your knees and an elastic band around your ankles. Squeeze the ball and sustain and hold. Next, pull the band as you move your feet apart from each other.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

2



ELASTIC BAND - HAMSTRING CURL

While seated and an elastic band attached to your ankle, bend your knee and draw back your foot.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

6



Seated Calf Raise with Band

Place elastic band over bent knee. Have patient lift heel.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

3



SUPINE HIP ABDUCTION - ELASTIC BAND CLAMS

Lie down on your back with your knees bent. Place an elastic band around your knees and then draw your knees apart.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

7



SEATED CALF STRETCH - GASTROC

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg.

Repeat 3 Times
 Hold 15 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

4

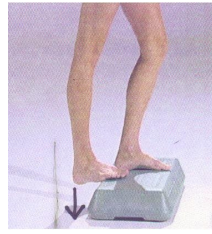


BRIDGING ELASTIC BAND ABDUCTION

While lying on your back, place an elastic band around your knees and pull your knees apart. Hold this and then tighten your lower abdominals, squeeze your buttocks and raise your buttocks off the floor/bed as creating a "Bridge" with your body.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

8



Plantarfascia/calf stretch off step

Stand on step. Place one foot so ball of foot is on the edge of step and heel is off the edge. Drop heel down by slightly bending the other knee

Repeat 3 Times
 Hold 15 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day