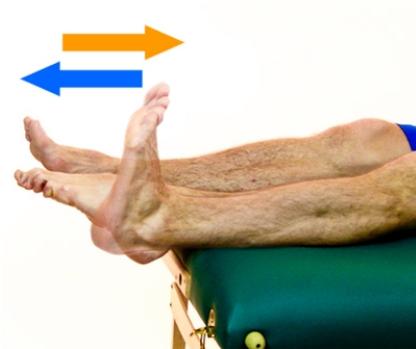


## ANKLE PUMPS - AP

Bend your foot up and down at your ankle joint as shown.



Repeat 30 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 3 Time(s) a Day

## Quad Sets

Sit or lie on your back with leg straight. Tighten your quadriceps muscle on the front of the thigh. This movement should press the back of your knee downward and the knee cap to move toward your hip slightly. Attempt to slightly lift the heel off the floor at the peak of the contraction.



Repeat 10 Times  
Hold 5 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Day

## STRAIGHT LEG RAISE - SLR

While lying or sitting, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted to the ground.



Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 3 Time(s) a Day



### STRAIGHT LEG RAISE - SLR EXTERNAL ROTATION

While lying or sitting, raise up your leg with a straight knee and your toes pointed outward.

Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 3 Time(s) a Day