

Supine Ankle Pumps

REPS: 30

DAILY: 2



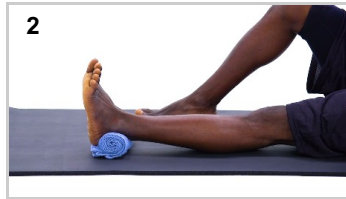
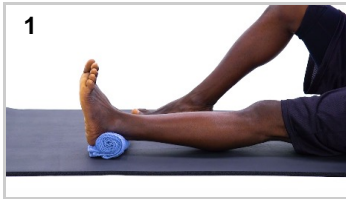
Begin lying on your back with your legs straight. Slowly pump your ankles by bending and straightening.

Supine Quad Sets

REPS: 30

HOLD: 3

DAILY: 2



Begin lying on you back with your leg straight out.

Tighten the muscles in the thigh of your surgical leg as you straighten your knee. Hold, then relax, and repeat.

Supine Glute Set

REPS: 30

HOLD: 3

DAILY: 2



Begin lying on your back.

Tighten your buttock muscles, hold, release and repeat.

Make sure not to hold your breath as you tighten your muscles.

Supine Heel Slide

REPS: 30

DAILY: 2



Begin lying on your back with your legs straight. Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out all the way straight, and repeat.

Supine Short Arc Quad

REPS: 30

DAILY: 2



Begin lying on your back with a towel roll (or bolster) under one knee with your heel resting on the flat surface. Straighten your knee by contracting your thigh muscles, keeping the back of your knee on the towel roll.