

PHYSICAL THERAPY HOME EXERCISE PROGRAM

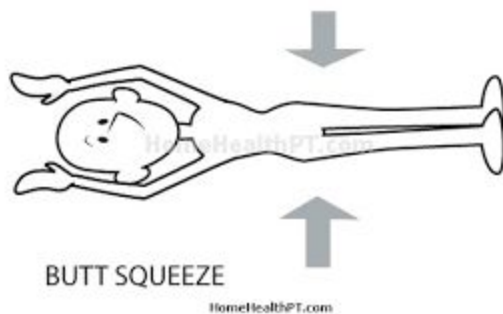
1. ANKLE PUMPS

- Move Ankles up and down



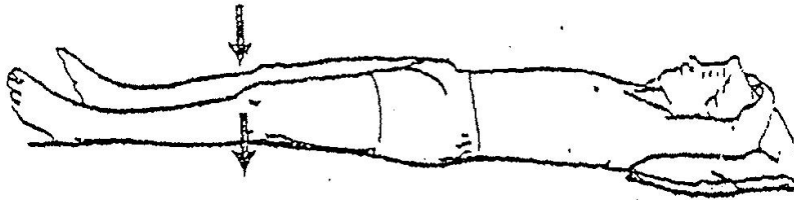
2. Gluteal Squeezes

- Squeeze buttocks together
- Hold 5 seconds, then relax



3. Quad Sets

- Point your ankle toward your head. Push both knees into mat, making kneecap move toward you
- Hold 5 seconds, then relax



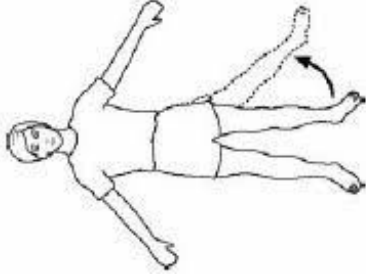
4. Heel Slides

- Slide heel toward buttocks, then slide back to the bed
- Perform one leg at a time



5. Hip Abduction

- Slide Heel out to the side and bring it back in
- Keep toes Pointing Straight UP



6. Straight Leg Raises

- Bend up opposite knee
- Point ankle toward your head
- Lift left up while keeping knee straight, then lower back down



7. Long Arc Quads

- Sitting in a hard chair straighten the knee
- Hold 2 seconds, then relax

