



Single knee to chest (seated)

Sitting in a chair, use both arms to pull the bent knee up toward your chest.

The hands can be on top or behind the knee.

Perform exercise on both sides.

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



PARTIAL ARC QUAD - LOW SEAT

While seated with your knee in a bent position and your heel touching the ground, slowly straighten your knee as you raise your foot upwards as shown. Lower your foot back down until your heel touches the ground and then repeat.

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



ANKLE CIRCLES

Move your ankle in a circular pattern one direction for several repetitions and then reverse the direction.

Repeat 5 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



SEATED HAMSTRING STRETCH

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

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



QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

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



STANDING CALF STRETCH - GASTROC

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

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