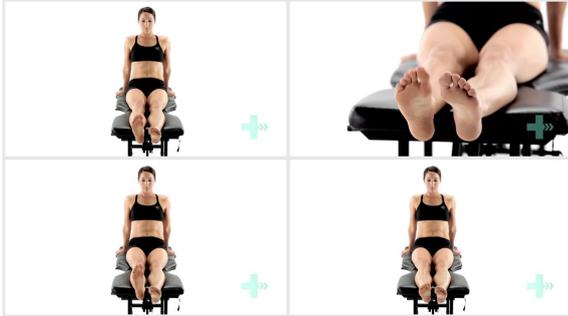


Sportreat and TotalLife Care
 367 Canning Highway
 Palmyra WA 6157
 Palmyra, WA, 6157

3 Sets / 10 Reps



1. AROM ankle dorsiflexion

Start in a seated position with your legs out straight.
 Pull your toes up towards your head, keeping the leg straight.
 The knee stays flat on the table as your move the foot up and down.

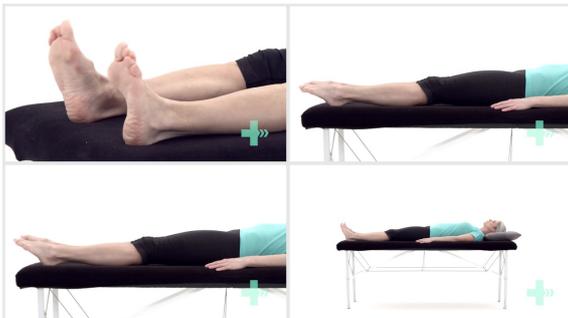
3 Sets / 10 Reps



2. AROM ankle plantarflexion

Start in a seated position with your legs out straight.
 Point your toes down as far as you can, and then back to neutral position.
 The knee stays straight during this exercise.

3 Sets / 10 Reps



3. Prevention of thrombosis in supine position

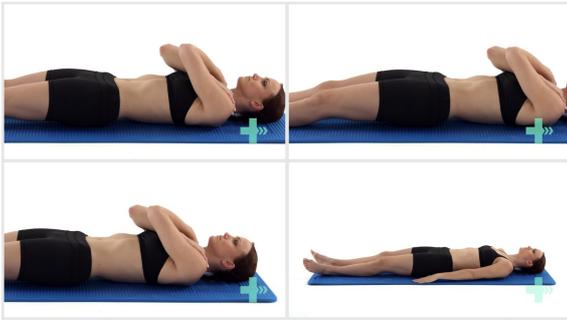
Lie down on the bed.
 Raise both feet and point your toes away from your body.
 Move only your feet and keep your legs on the bed.

3 Sets / 10 Reps / 3 s hold



4. Supine isometric knee extension

Sit upright and clench your thigh muscles, pushing the back of your knee into the bed so your leg straightens.
 Relax and repeat.



5. Isometric glutes in supine

Lie on your back with your legs straight.
Clench your buttocks together and hold this position.
Relax and then repeat.



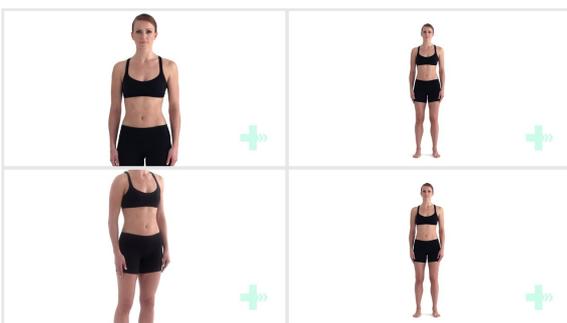
6. SLR

Sit with your resting leg bent and pull your toes up towards you.
Tighten your thigh muscle, pressing the back of your knee into the floor.
Keeping your knee locked straight, lift your leg off the floor.
Hold this position before you return your leg to the floor.
Make sure your hips remain in contact with the floor at all times, and your knee remains straight.



7. IRQ in long sitting

Lie on your back with a foam roller or rolled towel under your knees and let your legs hang over in a comfortable position.
Straighten your affected knee by tensing the thigh muscles, so that your heel comes off the table and the knee straightens.
Hold this position, then control the movement back down to the start position and repeat.



8. Standing weight transference side to side [11050]

Stand in front of a mirror, with your feet hip-width apart.
Then using your core muscles, gently move side to side, shifting your body weight from one side to the other.
Make sure your hips don't drop down or push out to the sides and keep your shoulders level.

20% bodyweight only