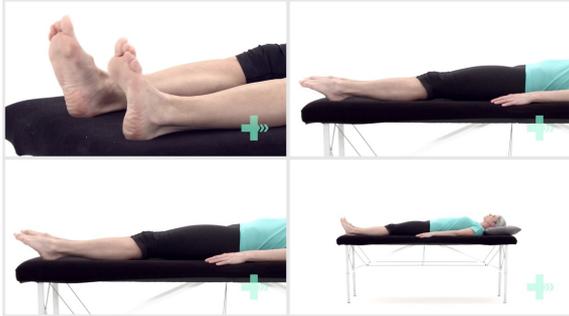


Sportreat and TotalLife Care
367 Canning Highway
Palmyra WA 6157
Palmyra, WA, 6157

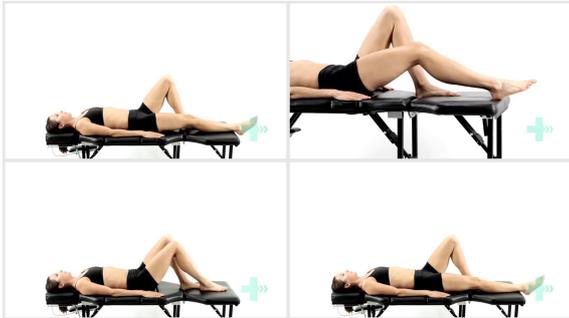
3 Sets / 10 Reps



1. 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.

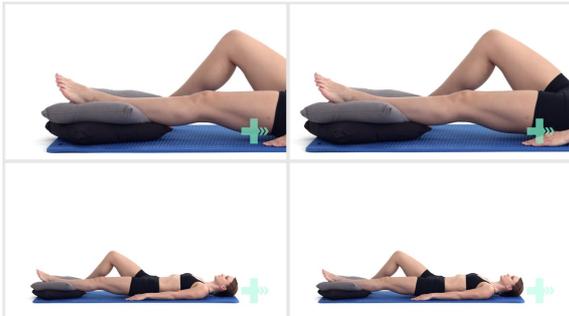
3 Sets / 10 Reps



2. Heel slides

Lie on your back with your legs straight.
Bend the symptomatic leg as far as you can, sliding your heel towards your buttocks, keeping the knee pointing to the ceiling throughout this movement.
Slide the heel back down, reversing the movement until your leg is straight again.
0 - 60 degrees only.

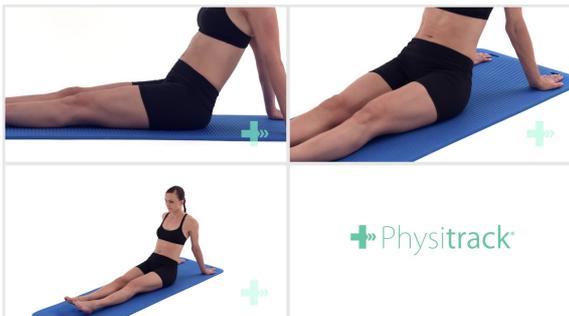
3 Sets / 10 Reps / 3 s hold



3. Passive knee extension stretch supine

Lie on your back with the foot of your affected leg resting on some pillows.
Make sure there is a gap between your leg and the bed as you rest here, trying to straighten the knee as far as you can.

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.

Physitrack



5. 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.

3 Sets / 10 Reps / 3 s hold



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.