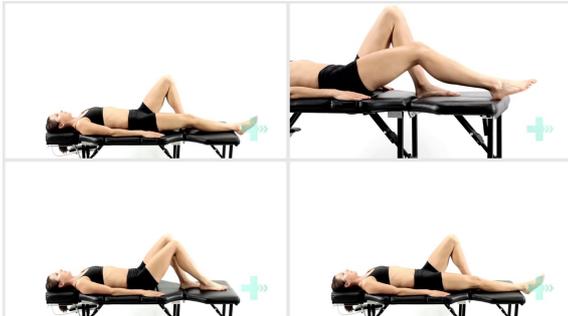


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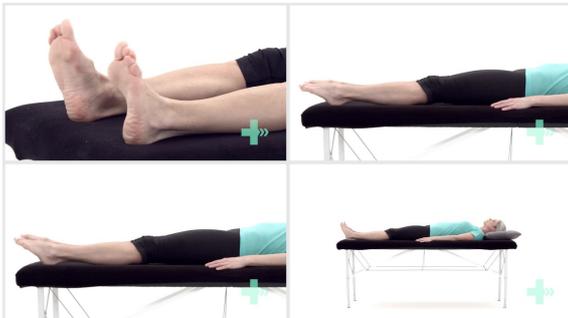
3 Sets / 10 Reps



1. 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.

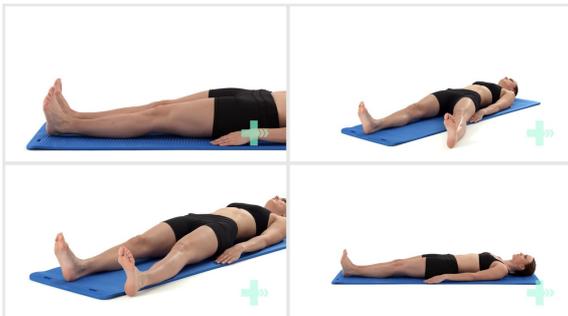
3 Sets / 10 Reps



2. 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.

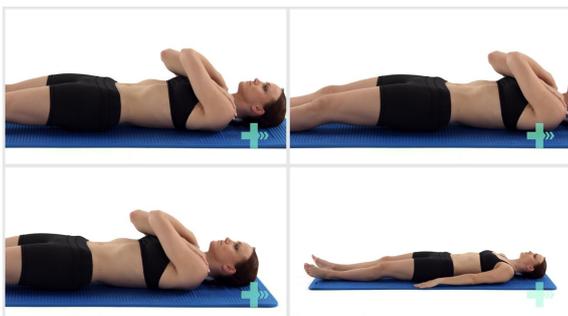
3 Sets / 10 Reps / 3 s hold



3. AROM hip abduction supine

Lie on your back with your legs straight and your toes pointing upwards.
Move your affected leg out to the side as far as you comfortably can and then bring it slowly back in to the start position.
Do not allow this leg to cross the centre line and keep your toes pointing upwards.
Relax and repeat.

3 Sets / 10 Reps / 5 s hold



4. Isometric glutes in supine

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



5. 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.



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.