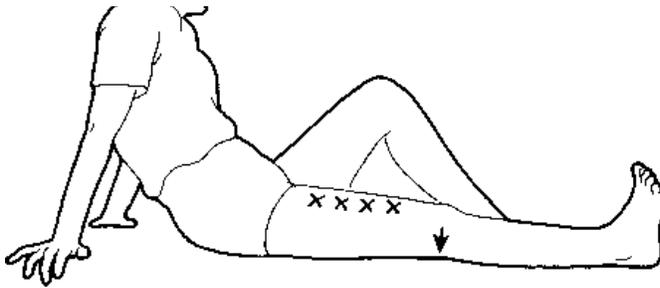


Therapeutic Exercises



Quadriceps Sets:

- Push down on the table and hold for 3



Heel Slide:

- Slide the leg up towards the hips and bring it down. Perform 10 times for 2 to 3 times a day



Straight Leg Raise

- Bend right knee, keep the left leg straight and raise it up to meet the right leg

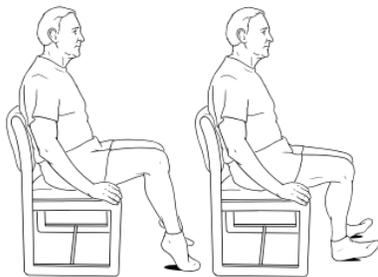
Ankle pumps:



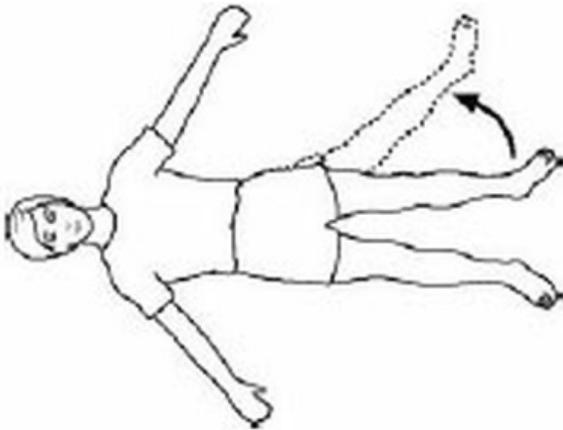
- can be done in bed bring toes up and down
do it throughout the whole day

Tapping Feet in sitting

- Alternate between toes up and heels up throughout the day



Hip Abduction Exercises in Supine



- When the patient is laying supine (on their back)
slide left leg out to the side and then bring it back .
Perform 10 times

-Perform the same exercise with the right leg