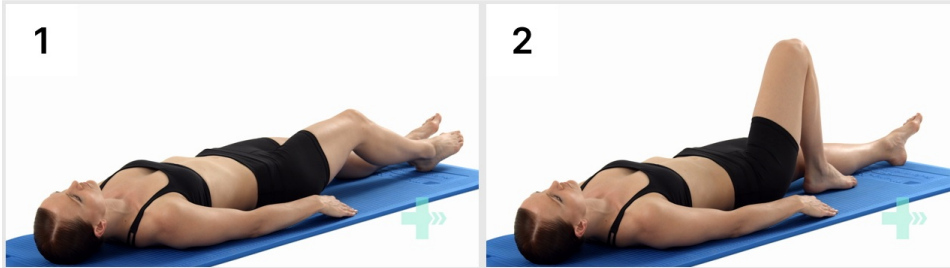

1. "Heel slides" Hip/knee flexion/extension AROM, supine; 01

3 Sets • 10 Reps • 5 s hold



Lie on your back with your legs straight.

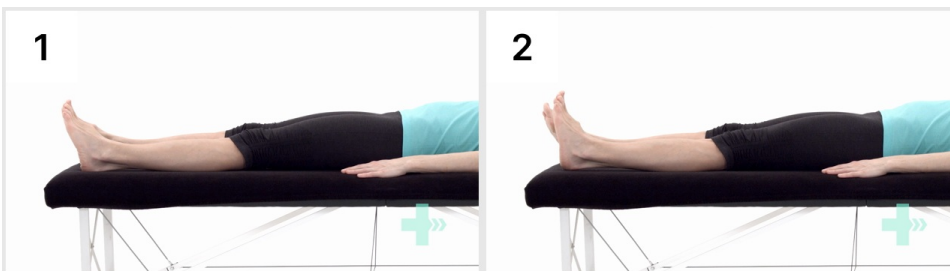
Slide your affected foot in towards your bottom, bending your hip and knee.

Keep your knee pointing to the ceiling and then slowly lower back to the start position.

Relax and repeat.

2. "Quad sets" Knee terminal extension strengthening, supine

3 Sets • 10 Reps • 10 s hold

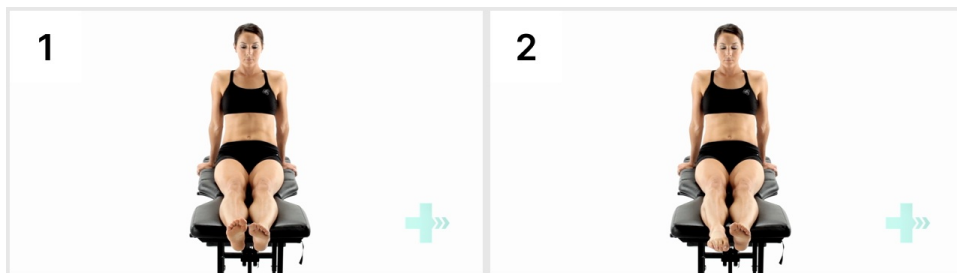


Lie on the bed.

Stretch out your leg and press the back of your knee downwards until you feel your thigh muscles tighten.

3. Ankle flexion AROM, sitting legs straight

3 Sets • 10 Reps



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.

4. Knee extension AAROM, in sitting; 01

3 Sets • 10 Reps • 3 s hold



Hook your unaffected foot behind the foot of your affected leg.

Straighten both legs as far as possible, letting your unaffected leg help your affected leg.

Calmly place your feet back.

Repeat this movement, and try using your affected leg as much as possible when making the movement.