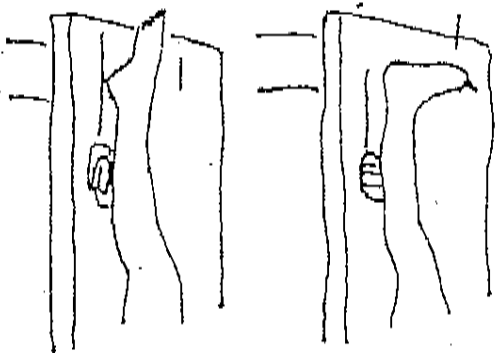
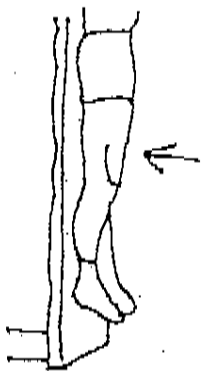


1. Pump ankles
up and down.



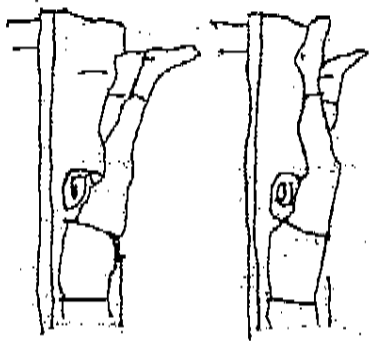
into bed. Hold
5-10 seconds. Relax.



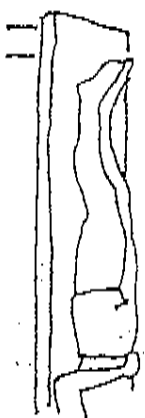
buttocks
together. Relax.



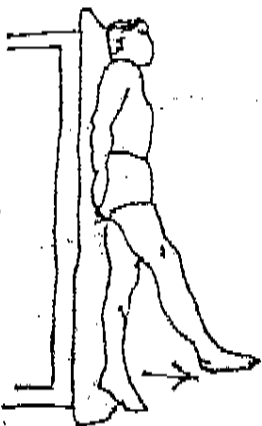
lift foot in the air.
Lower slowly keeping
thigh on roll.



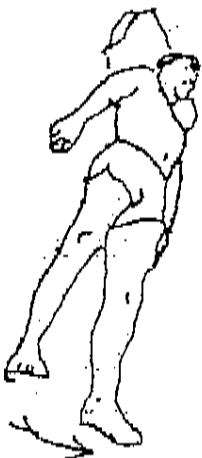
Draw knee towards
chest.



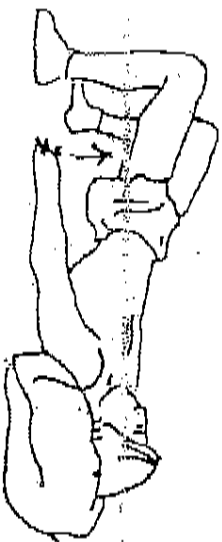
6. Straight leg raise.



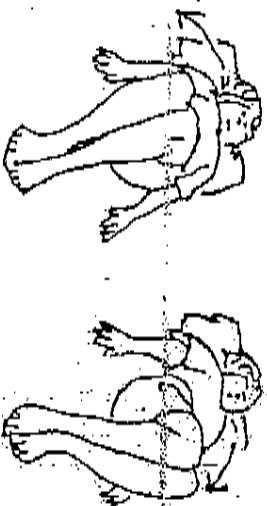
7. Leg to side.



8. Bridges



9. Rotate legs side to side.

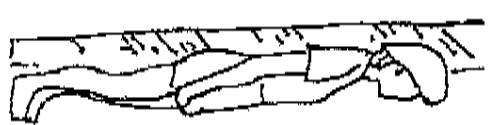


PATIENT NAME: _____

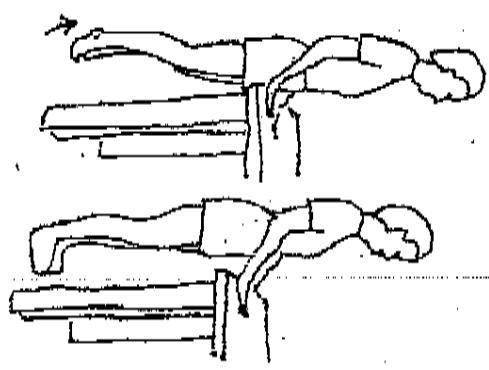
MR # _____

DATE: _____

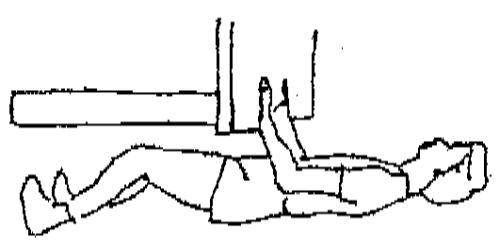
Stand with back to
it and be as tall as
you can.



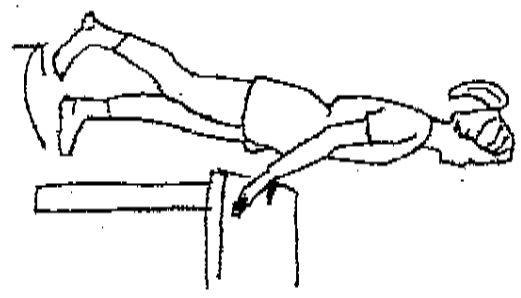
2. Raise up and down on
toes.



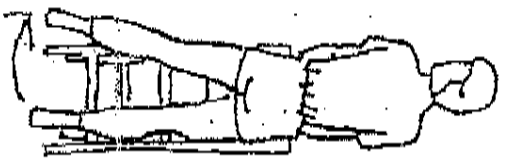
3. Gently bend knees and
straighten. Do not go so low
you cannot raise back up.



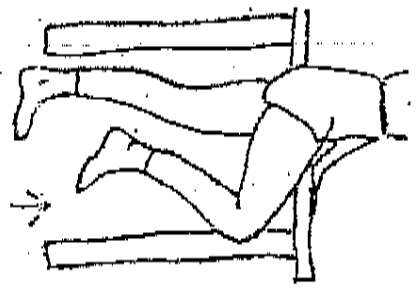
4. Lift leg
backwards.



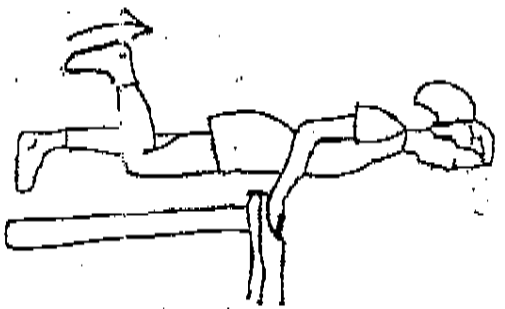
5. Lift leg to side.



6. March in place.



7. Bend knee up and down.



PATIENT NAME: _____

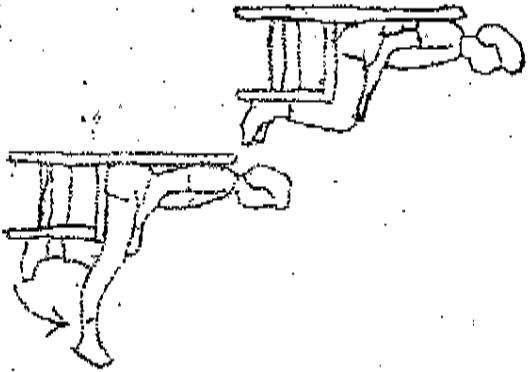
MR #: _____

DATE: _____

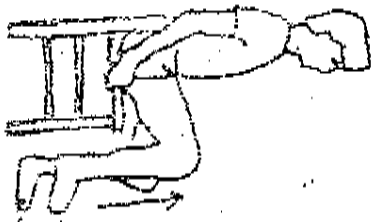
1. Sit up as straight as possible.



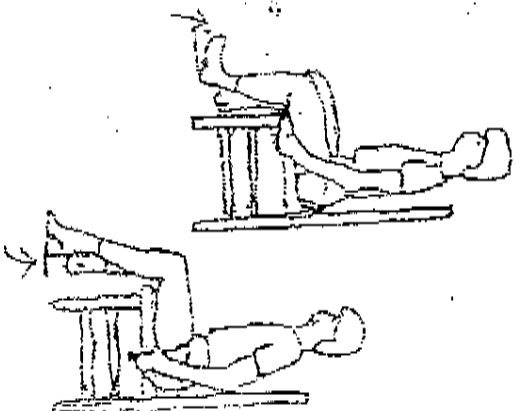
2. Lift foot, straightening knee.



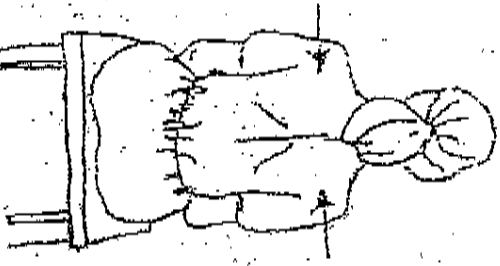
3. March in place, lifting foot off floor.



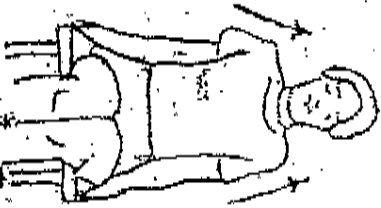
4. Lift up and down on toes.



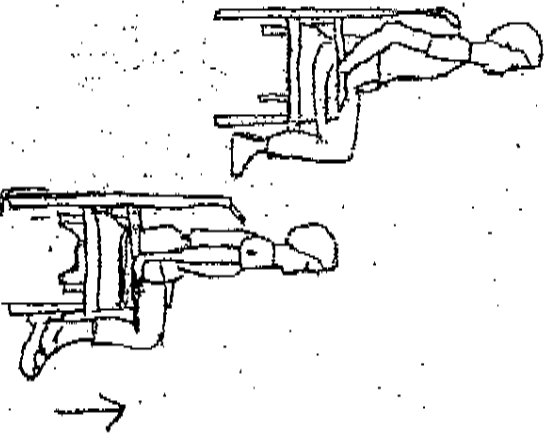
5. Squeeze shoulder blades together.



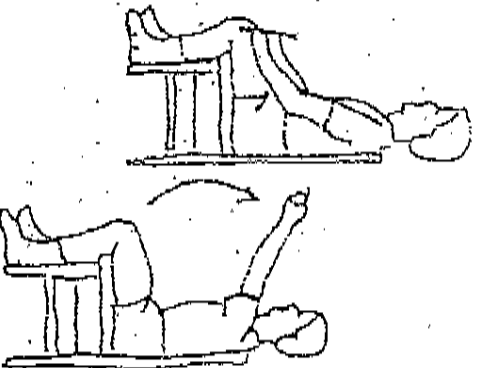
6. Shrug shoulders. Hold 5-10 seconds. Relax.



7. Raise up on armrests. Try to straighten elbows.



8. Raise stick, cane or clenched hands in air. Lower slowly.



PATIENT NAME:

MR#:

DATE: