

Ankle Pump



Bend ankles to move feet up and down, alternating feet.

Repeat 10 times. Do 2-3 sessions per day.

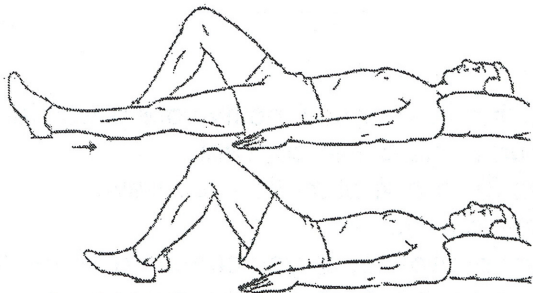
Gluteal Squeeze



Squeeze buttocks muscles as tightly as possible while counting out loud to 5.

Repeat 10 times. Do 2-3 sessions per day.

Heel Slide

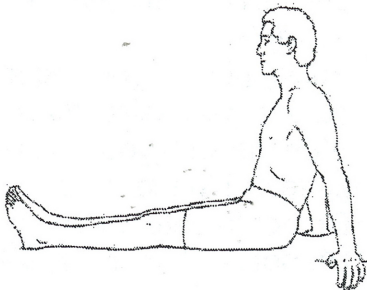


Slide right heel toward buttocks until a gentle stretch is felt. Hold 5 seconds. Relax. Repeat with left leg.

Repeat 10 times.

Do 2-3 sessions per day.

Quadriceps Set

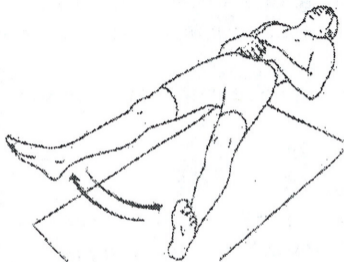


Tighten muscles on top of thighs by pushing knees down into surface. Hold ... 5 ... seconds.

Repeat 10 times;

Do 2-3 sessions per day.

Hip Abduction / Adduction: with Extended Knee



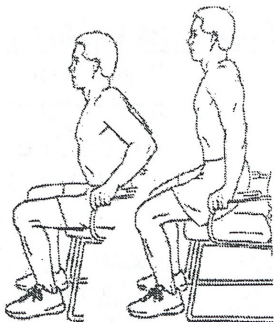
Bring right leg out to side and return. Keep knee straight.
Repeat with left leg.

Repeat 10 times.

Do 2-3 sessions per day.

Elbow Extension: Chair Stand

With hands on armrests,
push up from chair. Return
slowly.



Repeat 10 times per set.

Do 2-3 sessions per day.