

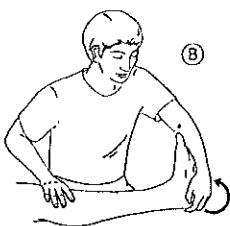
1. ANKLE STRETCH

Cup patient's heel in your hand and let foot rest against your forearm. Stretch calf slowly, holding for a count of 10 (10 seconds.) then relax.

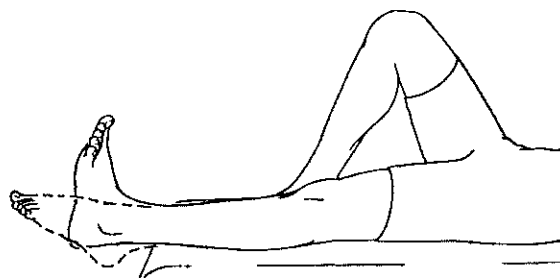
Repeat 10 times.

Repeat with other foot.

Do 2 times a day.



2. ANKLE PUMPS



With leg relaxed, ask patient to bend ankle up and down.

Repeat 10 times.

Repeat with other leg.

This exercise can be done often during the day. (No limit.)

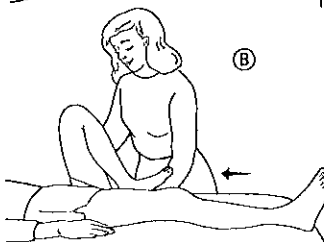
3. KNEE BENDING AND STRAIGHTENING

Cup patient's heel in your hand and help them slowly bend their hip and knee as far as comfortable then straighten knee.

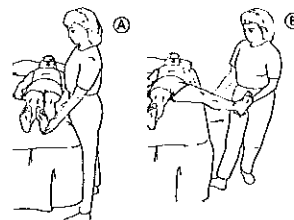
Repeat 10 times.

Repeat with other leg.

Do 2 times a day.



4. LEG OUT TO THE SIDE AND BACK TO THE MIDDLE



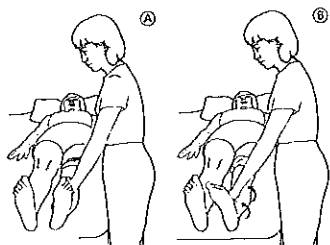
Hold the patient's leg at their heel and knee. Help them slowly slide their leg out to the side and back to the middle.

Repeat 10 times.

Repeat with other leg.

Do 2 times a day.

5. HIP ROLLING IN



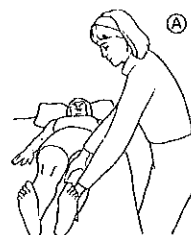
Place your hands on patient's ankle and knee and help them slowly roll their leg in.

Repeat 10 times.

Repeat with other leg.

Do 2 times a day.

6. HIP ROLLING OUT



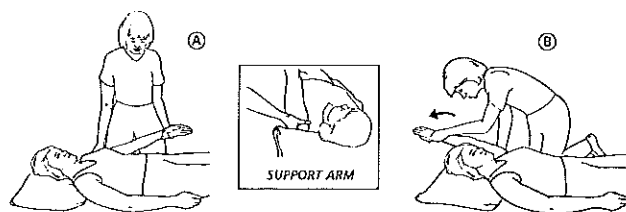
Place your hand on patient's ankle and knee and help them roll their leg out.

Repeat 10 times.

Repeat with other leg.

Do 2 times a day.

7. SHOULDER--RAISING OVERHEAD



Hold patient's hand and place your other hand behind their shoulder for support. Help the patient raise their arm slowly overhead as far as comfortable.

Repeat 10 times.

Repeat with other arm.

Do 2 times a day.

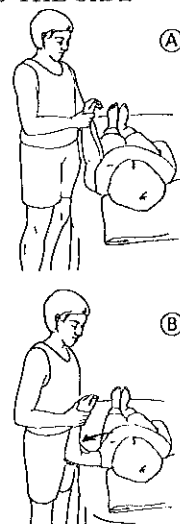
8. SHOULDER--SLIDING OUT TO THE SIDE

Hold patient's elbow and wrist. Elbow may be bent or straight. Help the patient slowly move their arm out to the side and back to the middle.

Repeat 10 times.

Repeat with other arm.

Do 2 times a day.



9. ELBOW--BENDING AND STRAIGHTENING

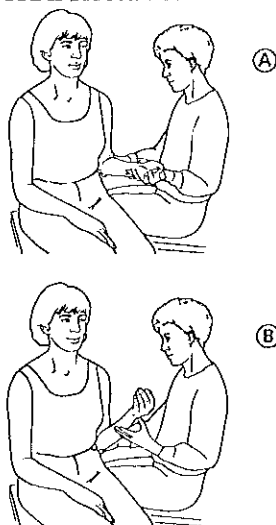
(Patient can be lying on their back, too.)

Hold patient's hand and place your other hand under their elbow. Help them to slowly bend and straighten their elbow.

Repeat 10 times.

Repeat with other arm.

Do 2 times a day.



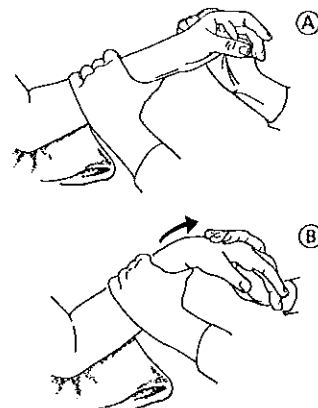
10. WRIST--BENDING FORWARD AND BACKWARD

Hold patient's wrist in one hand. With your other hand, help them bend their wrist slowly down and then back as far as comfortable.

Repeat 10 times.

Repeat with other wrist.

Do 2 times a day.



11. FINGERS--BENDING AND STRAIGHTENING

Hold patient's wrist with one hand. With your other hand help the patient bend and straighten their fingers.

Repeat 10 times.

Repeat with other hand.

Do 2 times a day.

