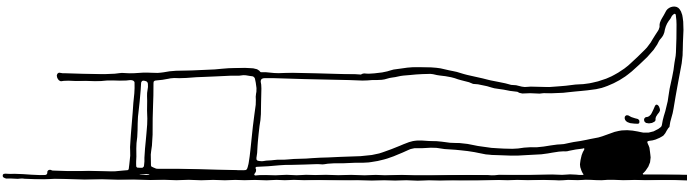


Leg Exercises

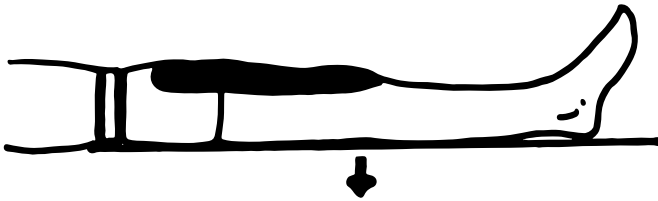
Do the exercises below 3 times each day.

The highlighted area shows where you will feel the muscles working.

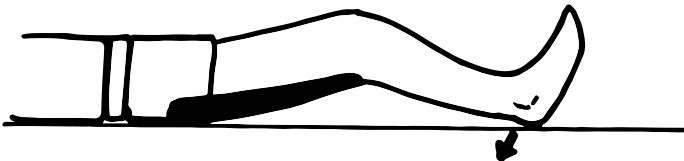
While lying down on your back:



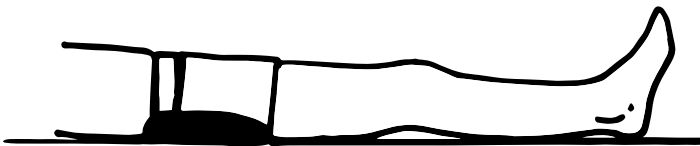
- Put a rolled-up towel under your heel.
- You should feel a stretch in your knee.
- Hold the stretch for _____ seconds.
- Relax. Repeat _____ times.



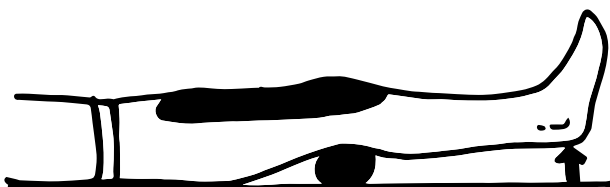
- Straighten your leg by tightening the muscles on the front of your thigh, so that your knee touches the bed.
- Hold for 5 seconds.
- Relax. Repeat 10 times.



- Bend your knee a little bit.
- Tighten the muscles on the back of your thigh, so that your heel pushes into the bed.
- Hold for 5 seconds.
- Relax. Repeat 10 times.



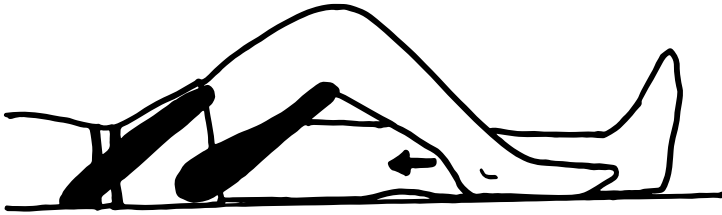
- Squeeze your buttocks (bum) together.
- Hold for 5 seconds.
- Relax. Repeat 10 times.



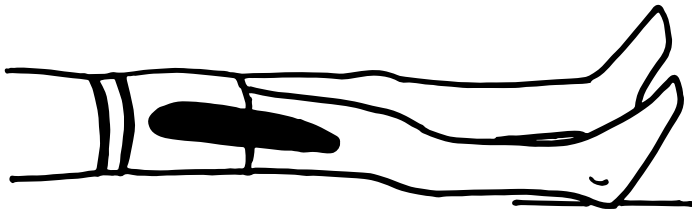
- Wrap a large can in a towel and put it under your knee.
- Lift your foot off the bed by straightening your leg.
- **Do not lift your knee off the can.**
- Hold for 5 seconds.
- Relax. Repeat 10 times.



- Bend your _____ knee and put your _____ foot flat on the bed.
- Lift your other leg about 6 inches above the bed. Keep it as straight as possible.
- Hold for 5 seconds.
- Relax. Repeat 10 times.

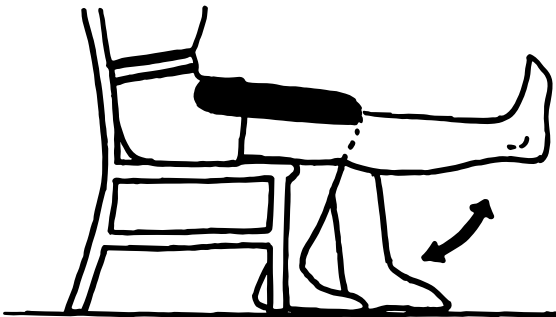


- Slide your heel towards your buttocks.
- Keep your heel and buttocks on the bed.
- Hold for 5 seconds.
- Relax. Repeat 10 times.

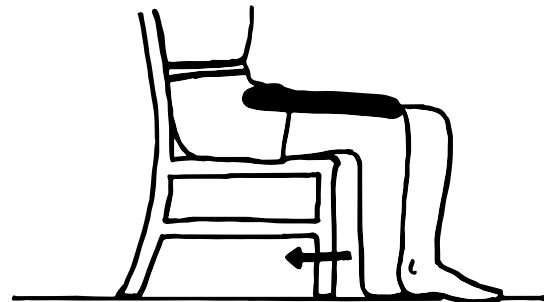


- Slide your leg out to the side.
- Keep your toes pointed at the ceiling.
- Hold for 5 seconds.
- Bring your leg back toward your other leg.
- Relax. Repeat 10 times.

While sitting:



- Straighten your leg as far as possible.
- Hold for 5 seconds.
- Then bring your heel as far back under the chair as possible.
- Hold for 5 seconds.
- Relax. Repeat 10 times.



- Bring your heel as far back under the chair as possible.
- Cross your ankles so that you can use your _____ leg to push your other leg towards the chair.
- Hold for 15 seconds.
- Relax. Repeat 5 times.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.