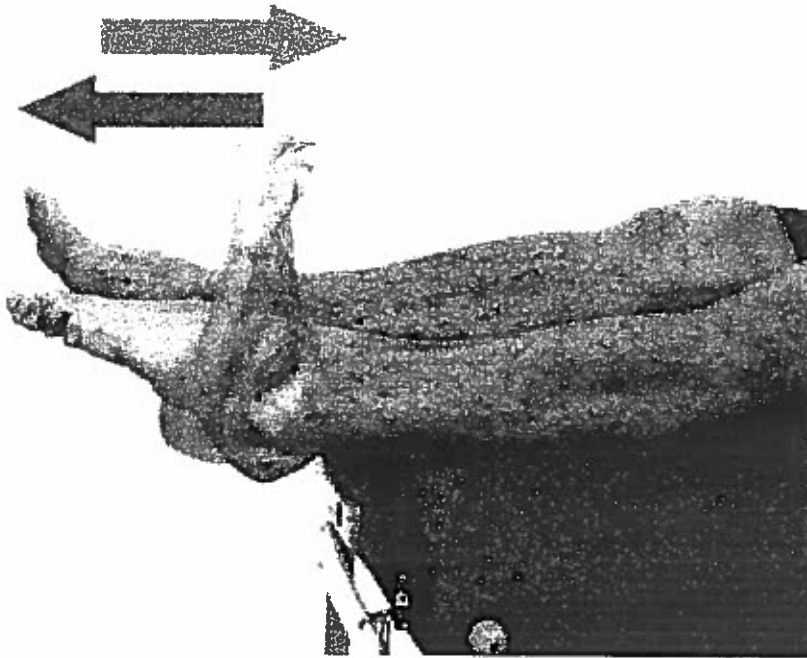


Supine Ther-ex

View at "www.my-exercise-code.com" using code UM7W3AP



ANKLE PUMPS - AP

Bend your foot up and down at your ankle joint as shown.

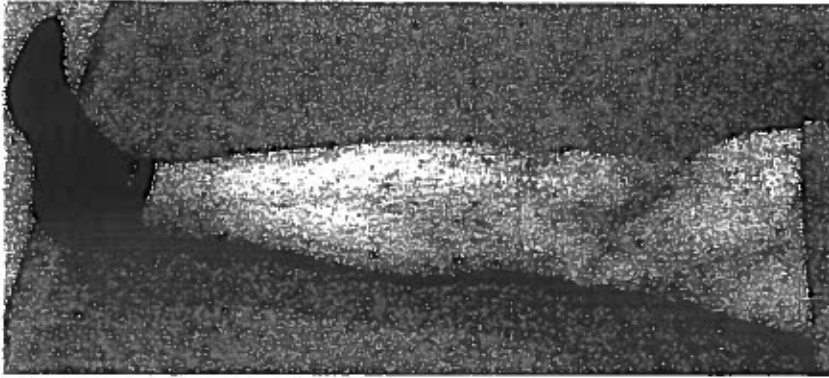
Repeat 10 Times

Complete 2 Sets

Perform 1 Time(s) a Day

- Supine Ther-ex

View at www.my-exercise-code.com using code: UMYW3AP



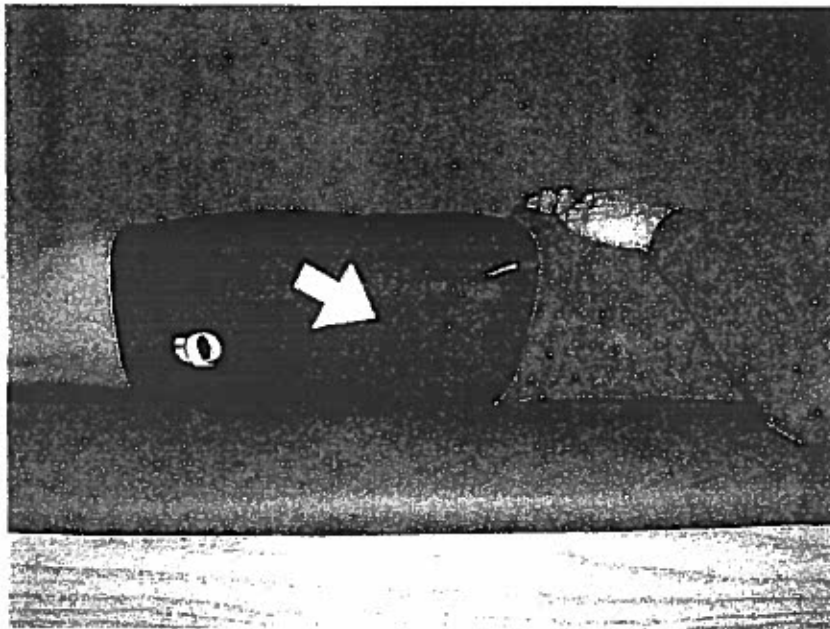
Quad Sets

Sit or lie on your back with leg straight. Tighten your quadriceps muscle on the front of the thigh. This movement should press the back of your knee downward and the knee cap to move toward your hip slightly. Attempt to slightly lift the heel off the floor at the peak of the contraction.

Repeat 10 Times
Hold 10 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

Supine Ther-ex

View at www.my-exercise-code.com using code J62M5RA



Glute set

Lie on your back with your legs straight. Tighten your gluteal (rear end) muscles by squeezing together.

Repeat 10 Times

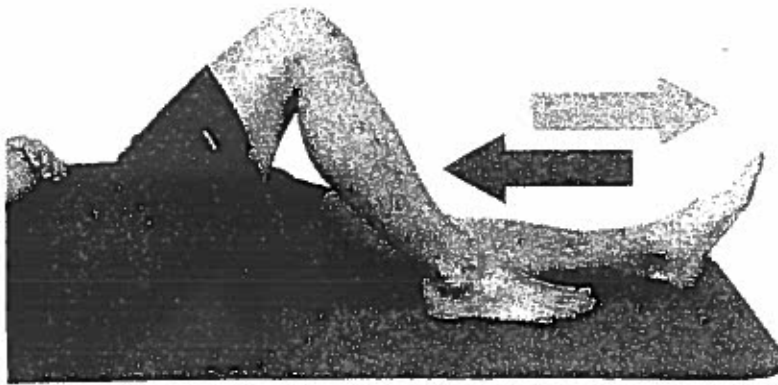
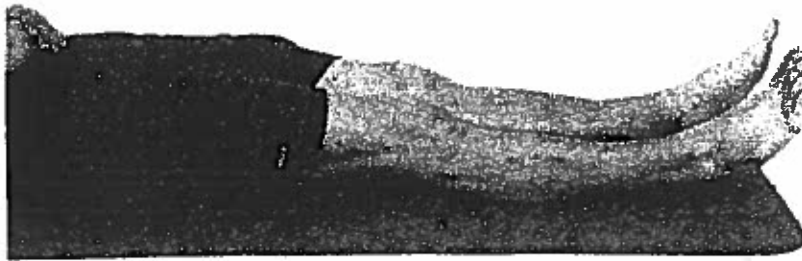
Hold 3 Seconds

Complete 2 Sets

Perform 1 Time(s) a Day

Supine Ther-ex

View at "www.my-exercise-code.com" using code UMYW3AP



HEEL SLIDES - SUPINE

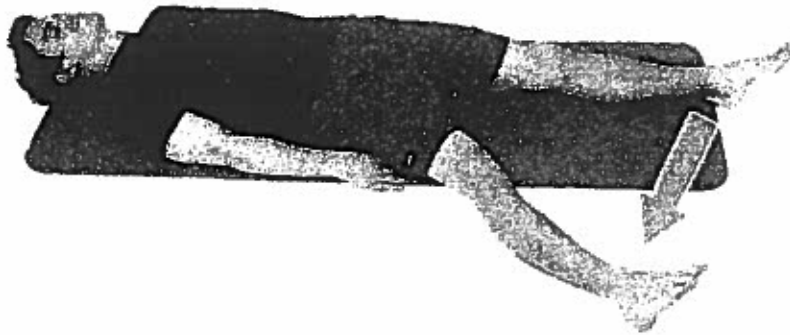
Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee.

Repeat 10 Times
Complete 2 Sets
Perform 1 Time(s) a Day

Hold a gentle stretch in this position and then return to original position.

Supine Ther-ex

View at "www.my-exercise-code.com" using code **UMrW3AP**



~~ELASTIC BAND~~ - SUPINE HIP ABDUCTION

While lying on your back, slowly bring your leg out to the side. Keep your knee straight the entire time.

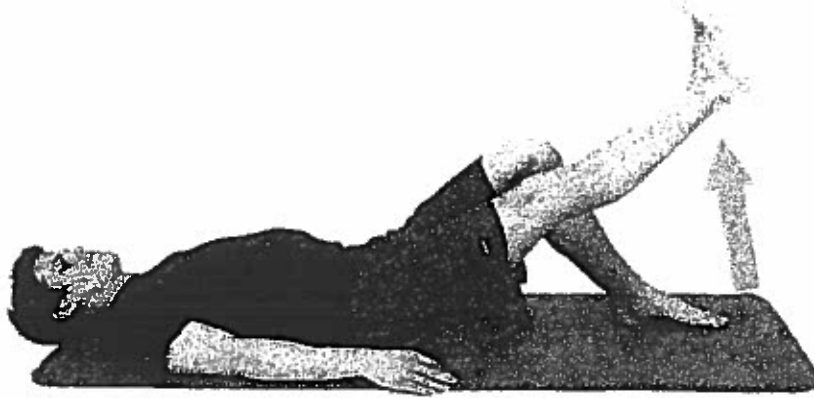
Repeat 10 Times

Complete 2 Sets

Perform 1 Time(s) a Day

Supine Ther-ex

View at "www.my-exercise-code.com" using code UMYV3AP



STRAIGHT LEG RAISE - SLR

While lying or sitting, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted to the ground.

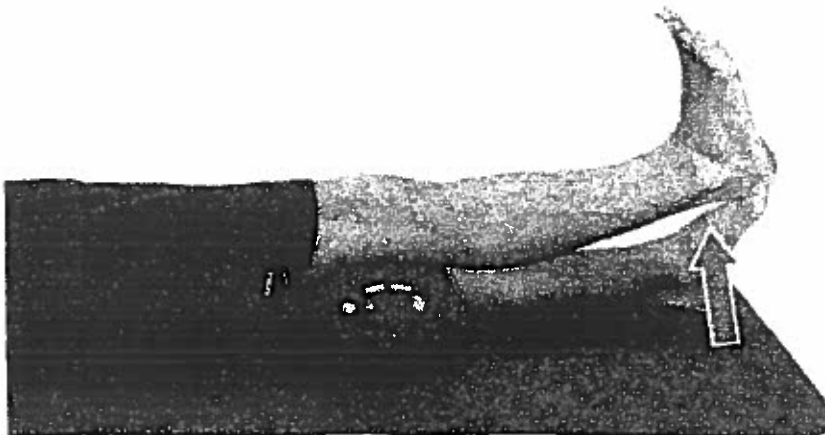
Repeat 10 Times

Complete 2 Sets

Perform 1 Time(s) a Day

Supine Ther-ex

View at www.my-exercise-code.com using code: UMYW3AP



SHORT ARC QUAD - SAQ

Place a rolled up towel or object under your knee and slowly straighten your knee as your raise up your foot.

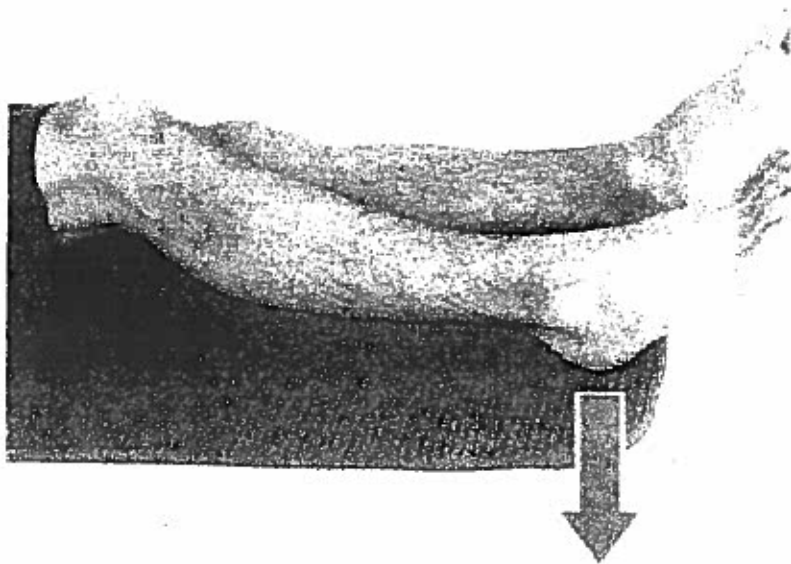
Repeat 10 Times

Complete 2 Sets

Perform 1 Time(s) a Day

Supine Ther-ex

View at "www.my-exercise-code.com" using code: UMYW3AP



HAMSTRING SET

While lying down on your back, slightly bend your knee and then press your heel into the ground.

Repeat 10 Times

Hold 5 Seconds

Complete 2 Sets

Perform 1 Time(s) a Day

Supine Ther-ex

View at "www.my-exercise-code.com" using code UNM1W3AP



BRIDGE WITH HIP ADDUCTION SQUEEZE - SUPINE

Place a rolled up towel, ball or pillow between your knees and press your knees together so that you squeeze the object firmly AND LIFT YOUR BOTTOM.

Repeat 10 Times

Complete 2 Sets

Perform 1 Time(s) a Day