These exercises are to done to help keep your joints moving normally and to keep muscles flexible.

- Do only those exercises marked by your therapist.
- Do these _____ ties each day. Do each exercise 10 times on each leg and hold the position for a count of 20.
- Movements should be slow and gentle. Do not force the joint through the motion.
- Make a loop using the Theraband by tying the ends together.

- **Hamstring Stretch**
  - Put your foot in the end of the loop.
  - While lying on your back, lift your leg to 90 degrees or as far as up possible.
  - Use your opposite hand to hold the knee straight. Your other leg should stay straight on the bed or floor.
  - Repeat with the other leg.

- **Hip And Knee Flexion**
  - Hook the forearm of one arm underneath the same knee.
  - Place your opposite hand on the bed or floor for support and balance.
  - Bend the knee up toward your chest. Relax your arm, and repeat the stretch 10 times.
  - Repeat with the other leg, using your arm on the same side.
**Hip Internal Rotation and Adduction**
- Using the opposite arm, push your bent knee inward towards the other leg. Do not let your hip rise up. Use your same side hand on the bed or floor for support.
- Repeat with the other leg and opposite arm.

**Hip External Rotation and Adduction**
- Using your arm on the same side, push your bent knee outward. Use your opposite hand to support you.
- After you have stretched your hip, place your foot on top of your knee.
- Stretch your toes and foot as shown. While your leg is in this position, you can bend and straighten your toes.
- Repeat with other leg, using same side hand on ankle and opposite hand for balance.

**Ankle Dorsiflexion**
- Hook the theraband loop around your foot and your forearm on the same side.
- Pull the band toward your head. Your knee should stay straight.
- Repeat with the other foot, using same side forearm.
Ankle / Toe Exercise

- Using your hand, move your entire foot in clockwise and counterclockwise circles about 10 times.

- Using your thumb and finger, bend and straighten each toe, a few times for each toe.