



STEP 1



STEP 2

Seated Ankle Pumps

REPS: 10 | SETS: 3 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin sitting upright with one leg straight forward.

Movement

- Slowly pump your ankle, bending your foot up toward your body, then pointing your toes away from your body, and repeat.

Tip

- Make sure to move your foot in a straight line and try to keep the rest of your leg relaxed.



STEP 1



STEP 2

Seated Knee Flexion Slide

REPS: 10 | SETS: 2 | HOLD (SEC): 0 | WEEKLY: 7x | DAILY: 3x

Setup

- Begin sitting upright in a chair with one leg bent and your other leg straight.

Movement

- Slowly slide one heel backward as far as you can. Then return to the starting position and repeat.

Tip

- Make sure to keep your back straight during the exercise. Only bend your knee as far as you can without causing pain.

STEP 1



STEP 2



Leg Kicks

REPS: 10 | SETS: 2 | HOLD (SEC): 5 | WEEKLY: 7x | DAILY: 3x

Setup

- Begin sitting upright in a chair.

Movement

- Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

- Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Knee Extension Stretch with Chair

REPS: 10 | SETS: 2 | HOLD (SEC): 5 | WEEKLY: 7x | DAILY: 3x

Setup

- Begin sitting upright with a chair directly in front of you.

Movement

- Lift one leg off the ground and rest your foot on the chair, then begin to relax your leg, allowing your knee to straighten, and hold this position.

Tip

- Make sure to keep your back straight during this stretch.

STEP 1



STEP 2



Seated Quad Set

REPS: 10 | SETS: 3 | HOLD (SEC): 5 | WEEKLY: 5x | DAILY: 3x

Setup

- Begin sitting upright on the edge of a chair and your involved knee slightly bent.

Movement

- Tighten the muscles in your thigh as you straighten your leg. Hold briefly, then relax and repeat.

Tip

- Make sure to keep your back straight and do not lock out your knee.