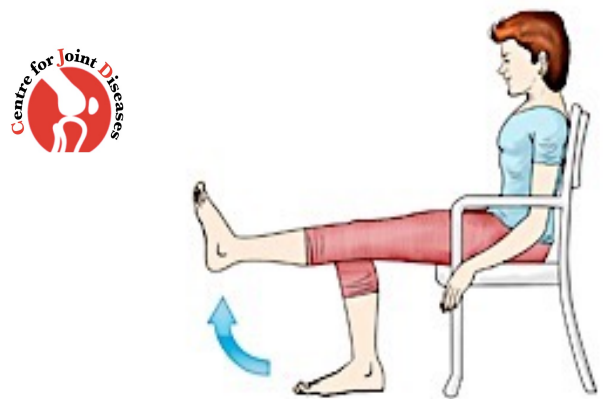


Quadriceps Strengthening & Calf Stretch



Static Quadriceps

Keep towel roll under your knee and tighten the knee by pressing towel down. Hold for 10 seconds and relax.



Dynamic Quadriceps

In sitting position straighten the knee. Hold for 10 seconds then relax.



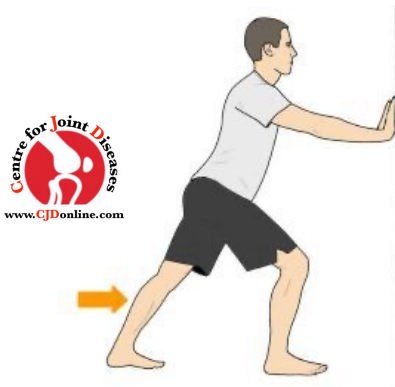
Straight Leg Raise (Supine/Lying down)

Lift one leg straight upwards with knee straight up to 60° and hold for 10 seconds.



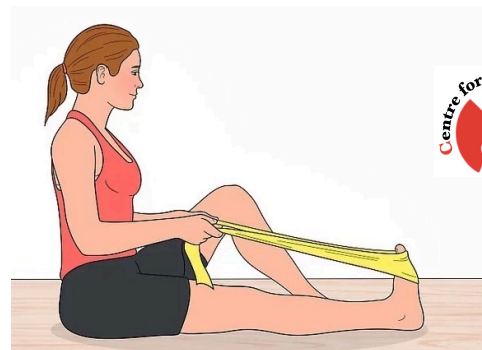
Hamstring Stretching Supine

Keep towel roll under your heel and straighten the knee by pressing it down. Hold for 10 seconds and relax.



Calf Stretch

Stand at Arms length from wall. Stand with one foot in front of other with toes pointing forward with affected leg at back Lie Supine. Bend front knee and stretch the back leg for 20 sec.



Calf stretch with belt / strap

Sit on the floor with leg extended. Hold a belt or strap in both hands, loop it over your foot. Keep knee straight as you pull gently on the belt / strap until you feel your calf stretching slightly. Hold the pose for 20-30 seconds, switch legs, and repeat 2- 3 times.

Instructions:

1. Avoid Jerky movements. Hold posture for count of 10 and repeat it 10 times.
2. This Document is a rough guide, Follow Instructions from your Doctor and Physiotherapist.
3. Any inconvenience or increase in pain should be reported to the Doctor/ Physiotherapist.