

Description or repetitions...

Ankle Bend:

- Place one hand on the patient's shin and the other cupping the heel
- Pull at heel and push with forearm to point toes up
- Hold for 30 seconds
- Repeat ____ times



Knee to Chest:

- Place your hands under the knee and ankle
- Lift leg toward chest, allow knee to bend
- Slowly lower to starting position
- Repeat ____ times



Hip Rotation:

- Place one hand under ankle and the other just above the knee
- Bend hip and knee to 90 degrees
- Move ankle inward, then return to middle (do not rotate outward)
- Repeat ____ times



Out to the Side:

- Place your hands under the knee and ankle (same as hip flexion starting position)
- Bring leg out to side while keeping knee straight
- Repeat ____ times



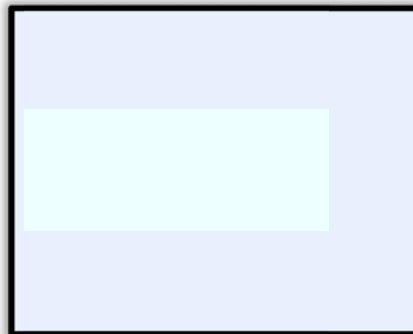
Straight Up- hamstring stretch:

- Place one hand under the ankle and the other hand just above the knee
- Keeping the knee straight, lift the leg until you feel tension. DO NOT GO PAST 90 degrees
- Reposition yourself with the foot on your shoulder and both hands above the knee
- Hold for 60 seconds



Exercise #6:

- Exercise Description



Questions? Your questions are important. Please call 206-520-5000 if you have questions or concerns.