### 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.