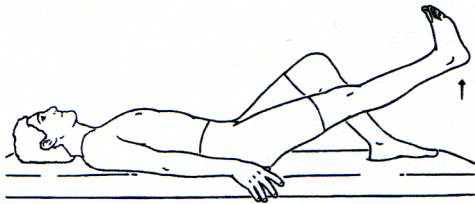


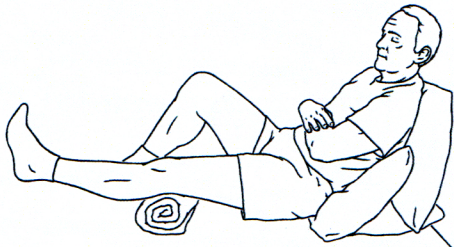
## Straight Leg Raise

- Do one leg at a time. Lie on your back. Bend your opposite knee for support.
- Raise your leg about 15-20 inches. Keep the knee as straight as possible. Bend ankle so toes point toward head.
- Hold for a count of 5. Lower leg and relax.
- Do the exercise 10 times. Rest 1-2 minutes. Repeat 10 more times. Repeat with your opposite leg.
- If you are comfortable doing the exercise, increase the repetitions by 5 each week until you reach 2 sets of 20.



## Heel Lift

- Do one leg at a time. Place a firmly rolled towel under one knee as shown. Lie on your back.
- Keeping the back of your knee on the towel, lift your heel off the surface and straighten your knee. Hold for a count of 5.
- Lower leg and relax.
- Do the exercise 10 times. Rest 1-2 minutes. Repeat 10 more times. Switch the rolled towel to the opposite knee. Repeat with your opposite leg.
- If you are comfortable doing this exercise, increase the repetitions by 5 each week until you reach 2 sets of 20.



## Heel Slides

- Do one leg at a time. Lie on your back with your legs straight. Slowly slide one heel up toward your buttocks.
- Keep your heel on the bed and your knee pointed toward the ceiling throughout the exercise. Return your leg slowly to the straight position and relax.
- Do the exercise 10 times. Rest 1-2 minutes. Repeat 10 more times. Repeat with your opposite leg.
- If you are comfortable doing this exercise, increase the repetitions by 5 each week until you reach 2 sets of 20.

