

EXERCISES FOR FAST RECOVERY

WATCH EXERCISE VIDEO WHILE DOING THE EXERCISES. ALL 4 EXERCISES SHOULD ONLY TAKE 8-10 MINUTES/HOUR. ICE AND ELEVATE WITH "TOES ABOVE THE NOSE" FOR THE REST OF THE HOUR.

SEE WEBSITE
FOR VIDEO:



<https://vimeo.com/703395957>

1. Walking 5-10 steps/hour is all you need

Once an Hour while awake



SHORT WALK, DON'T OVERDO IT!!

2. Knee Bend

Perform 10x/hour while awake



WHILE IN A SEATED POSITION, SLIDE YOUR FOOT BACK TO A BENT KNEE POSITION. KEEP BALL OF YOUR FOOT PLANTED ON THE GROUND AND SCOOT FORWARD UNTIL A STRETCH IS FELT AT THE KNEE. HOLD FOR 3 SECONDS.

3. Knee Straightenings

10 times, Once an Hour, while awake



4. Ankle Pumps

Repeat 10 times, once an hour, while awake



FLEX FOOT, POINT TOES, HOLD FOR COUNT OF 3.
(IMAGINE STEPPING HARD ON THE BRAKE)

5. Heel Hang

Repeat 1 time - hold 5 minutes
complete 1 set.

Perform 3 times per day.



SIT WITH GOOD POSTURE. PROP YOUR HEEL ONTO SOMETHING IN FRONT OF YOU, AS SHOWN IN PICTURE. THIS CAN BE ANOTHER CHAIR, COFFEE TABLE, STOOL, ETC. THERE SHOULD BE NOTHING BEHIND YOUR KNEE. NOW, RELAX AND ALLOW GRAVITY TO HELP YOUR KNEE STRAIGHTEN. HOLD THIS POSITION FOR 5 MINUTES TOTAL AND PERFORM THREE TIMES A DAY (BREAKFAST, LUNCH AND DINNER.) YOU WILL FEEL A STRETCH, WHICH IS SOMETIMES UNCOMFORTABLE, BEHIND YOUR KNEE, THIS IS EXPECTED AND MEANS THAT THE STRETCH IS WORKING.