ANKLE CIRCLES
Move your ankle in a circular pattern one direction for several repetitions and then reverse the direction.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day

ANKLE PUMPS - AP
Bend your foot up and down at your ankle joint as shown.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day

LONG ARC QUAD - LAQ - HIGH SEAT
While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards as shown.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day

Total 7
HIP ABDUCTION - SINGLE- SEATED - STRAIGHT LEG

Start by sitting close to the edge of a chair with your target leg straight at the knee. Next, slide your target leg to the side. You can slide your heel across the floor as you perform. Then return to straight ahead. Maintain your toes pointed up the entire time.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day

SEATED MARCHING

While seated in a chair, lift up your foot and knee, set it down and then perform on the other leg. Repeat this alternating movement.

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day

Walking

Daily Walking (on indoor or outdoor surfaces)Beginning with twice a day for 5 minutes of continual walking and progressing to 10 minutes of continual walking daily.

Duration 5 Minutes
Complete 1 Set
Perform 1 Time(s) a Day

Diaphragmatic Breathing

In a reclined position, place one hand over your diaphragm, and the other one your chest. Take slow, deep breaths. The hand on the chest SHOULD NOT rise or fall. Attempt to push your bottom ribs out to the side as you inspire.

Repeat 10 Times
Complete 1 Set
Perform 1 Time(s) a Day