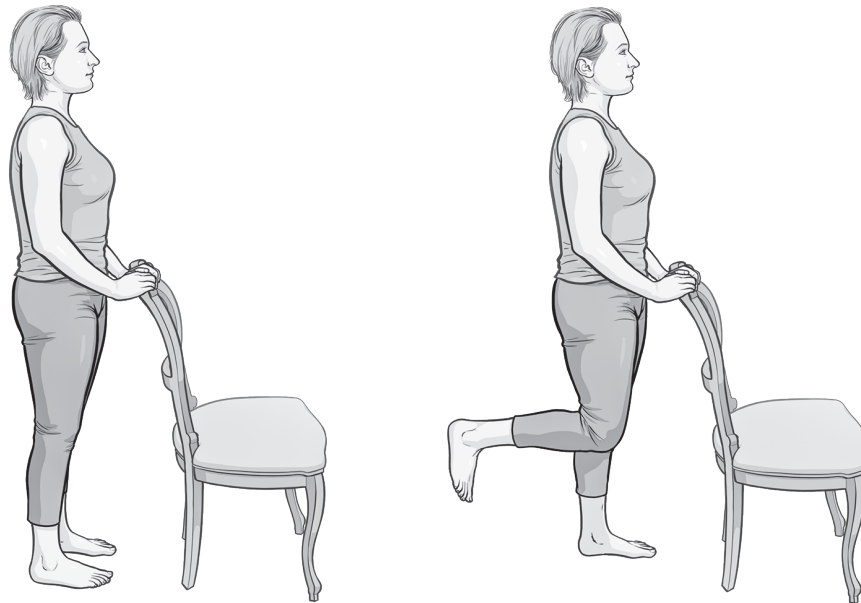


Caution: Please consult your healthcare professional before you attempt these exercises.

Standing Knee Bend

Perform
twice a day

1. Stand behind a chair using the chair for support.
2. Bend your right knee to 90 degrees. Hold for 5 seconds and then return to the starting position. Repeat the exercise 5 to 15 times.
3. Perform the same exercise for the left knee.



Half Squats

Perform
twice a day

1. Stand behind a chair using the chair for support.
2. Perform a half squat. Hold for 5 seconds and then return to the starting position.
3. Repeat the exercise 5 to 15 times.



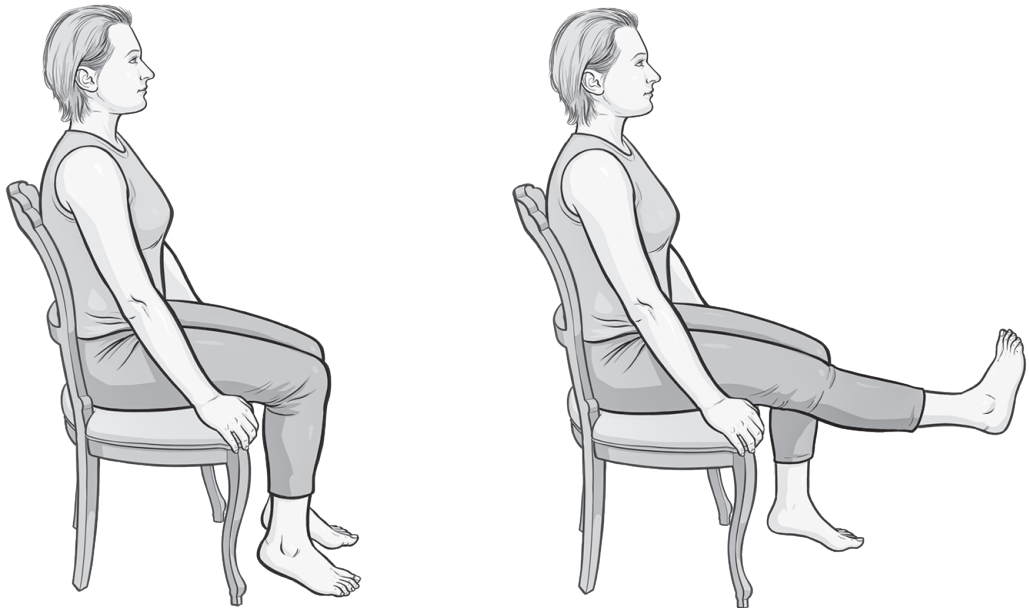
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Sitting Knee Extension

Perform
twice a day

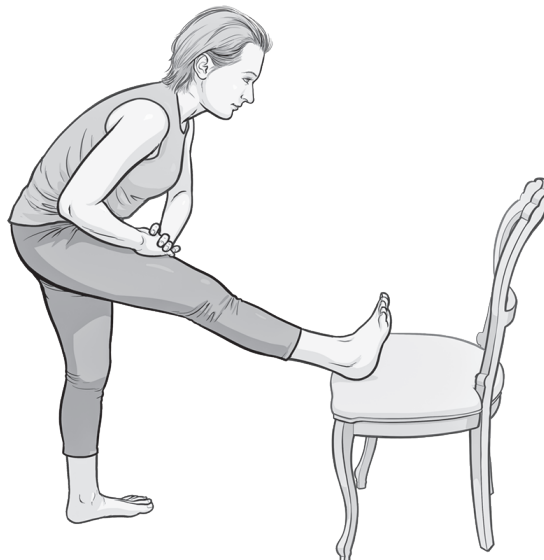
1. Sit on a chair and fully straighten your right knee. Hold for 5 to 10 seconds and then return your foot to the starting position. Repeat the exercise 5 to 15 times.
2. Perform the exercise on the left side.



Hamstrings Stretch

Perform
twice a day

1. To stretch the right hamstring muscles, place your right heel on a chair with your knee straight. Lean forward until you feel a maximum comfortable stretch behind the right thigh. Hold this stretch for 15 to 20 seconds.
2. Perform the same stretch on the left side.



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Calf Stretch

Perform twice a day

1. To stretch the right calf muscles, place your right leg behind you and ensure that your right foot remains flat on the floor throughout the stretch. Slowly lean forward until you feel a maximum comfortable stretch in the right calf. Hold this stretch for 15 to 20 seconds.
2. Perform the same stretch on the left side.



Quadriceps Stretch

Perform twice a day

1. To stretch the right quadriceps muscles, grasp your right ankle and bring your foot backward until you feel a maximum comfortable stretch in the front of your right thigh. Hold this stretch for 15 to 20 seconds.
2. Perform the same stretch on the left side.



Abductor Stretch

Perform twice a day

1. To stretch the hip abductor muscles, stand beside a chair for support. While bearing your weight on your left leg, bring your right leg behind and across your left leg and then bend your body to the left until you feel a maximum comfortable stretch over the side of the right hip. Hold this stretch for about 15 to 20 seconds.
2. Perform the same stretch on the left side.

