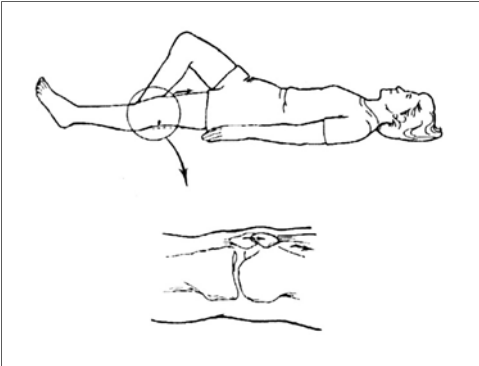
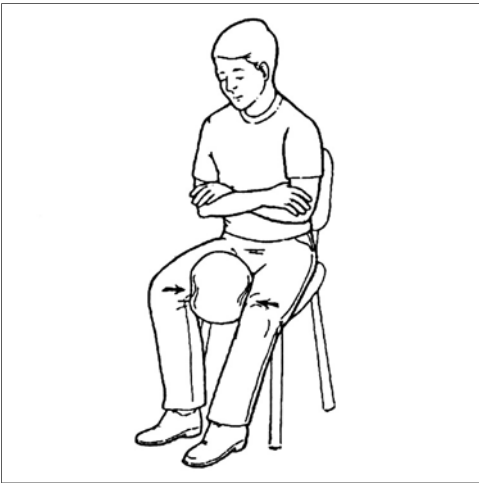


1. Bend ankle up towards your body as far as possible
2. Hold for 2 seconds
3. Now point toe away from your body
4. Hold for 2 seconds
5. 50 repetitions, 5 times per day



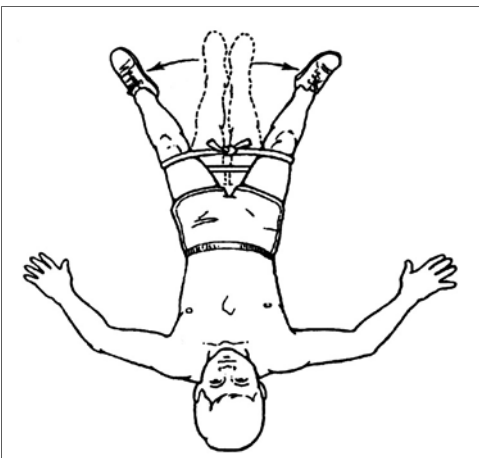
1. Sit or lie on your back with your leg straight
2. Press the back of your knee downward; this will tighten the muscle on top of your thigh and move the kneecap as shown
3. Hold for 10 seconds
4. 10 repetitions, 2 times per day

****KEEP EXERCISE PAIN FREE****



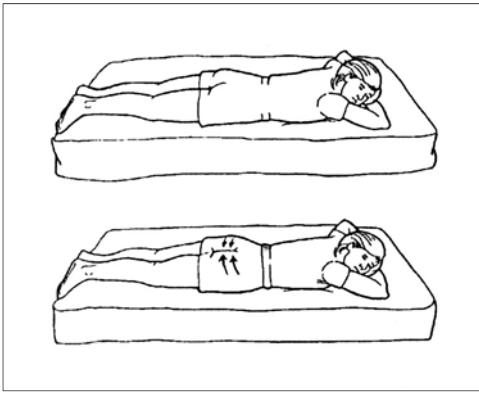
1. Sit with ball between knees as shown
2. Squeeze thighs together tightly
3. Hold for 10 seconds, slowly relax
4. 10 repetitions, 2 times per day

****KEEP EXERCISE PAIN FREE****



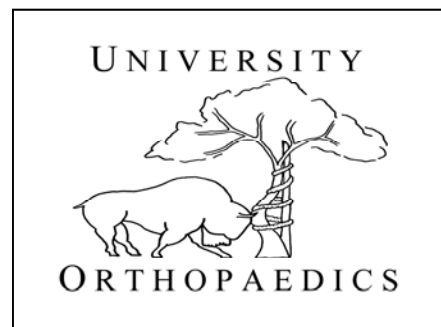
1. Lie on back with belt around legs as shown
2. Push against belt as though you are trying to separate your legs
3. Hold for 10 seconds, slowly relax
4. 10 repetitions, 2 times per day

****KEEP EXERCISE PAIN FREE****



1. Lie on belly
2. Tighten buttocks together
3. Hold for 10 seconds, slowly relax
4. 10 repetitions, 2 times per day

****KEEP EXERCISE PAIN FREE****



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