



STEP 1



STEP 2

### Seated Heel Toe Raises

REPS: 10 | SETS: 3 | DAILY: 3 | WEEKLY: 7

#### Setup

Begin sitting upright with your feet shoulder width apart.

#### Movement

Slowly raise your heels off the floor and lower them back down, then raise your toes off the floor and lower them back down. Repeat.

#### Tip

Make sure to keep the balls of your feet on the floor when you raise your heels, and keep your heels on the floor when you raise your toes.



STEP 1



STEP 2

### Seated Ankle Alphabet

SETS: 1 | DAILY: 3 | WEEKLY: 7

#### Setup

Begin by sitting upright in your chair or with legs off the side of the bed.

#### Movement

Slowly trace the letters of the alphabet with the toe of one foot. You should be moving at your ankle.

#### Tip

Make sure to keep your upper leg still as you move your foot.



STEP 1



STEP 2



STEP 3

### Seated March

REPS: 10 | SETS: 3 | HOLD: 2 | DAILY: 3 | WEEKLY: 7

#### Setup

Begin sitting upright in a chair with your feet flat on the floor.

#### Movement

Keeping your knee bent, lift one leg then lower it back to the ground and repeat with your other leg. Continue this movement, alternating between each leg.

#### Tip

Make sure to keep your back straight and do not let it arch as you lift your legs.



STEP 1



STEP 2

### Seated Long Arc Quad

REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 3 | WEEKLY: 7

#### Setup

Begin sitting upright in a chair.

#### Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

#### Tip

Make sure to keep your back straight during the exercise.



STEP 1



STEP 2

### Bilateral Long Arc Quad

REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 3 | WEEKLY: 7

#### Setup

Begin sitting in an upright position with both feet on the ground.

#### Movement

Slowly extend both of your knees so that your legs are straight out in front of you. Hold, and then return to starting position and repeat.

#### Tip

Make sure to keep your back straight during the exercise.



STEP 1



STEP 2

### Seated Hip Abduction

REPS: 10 | SETS: 3 | DAILY: 3 | WEEKLY: 7

#### Setup

Begin sitting upright in a chair.

#### Movement

Push your legs outward, keeping your feet flat on the ground, then slowly bring them back together and repeat.

#### Tip

Make sure to keep your movements slow and controlled and continue breathing evenly during the exercise.



STEP 1



STEP 2

### Seated Hip Adduction Isometrics with Ball

REPS: 10 | SETS: 3 | DAILY: 3 | WEEKLY: 7

A TOWEL OR FOLDED PILLOW CAN BE USED IN PLACE OF A BALL.

#### Setup

Begin sitting in an upright position with both feet flat on the floor and a ball between your knees.

#### Movement

Gently squeeze both legs inward against the ball.

#### Tip

Make sure not to arch your back during this exercise.