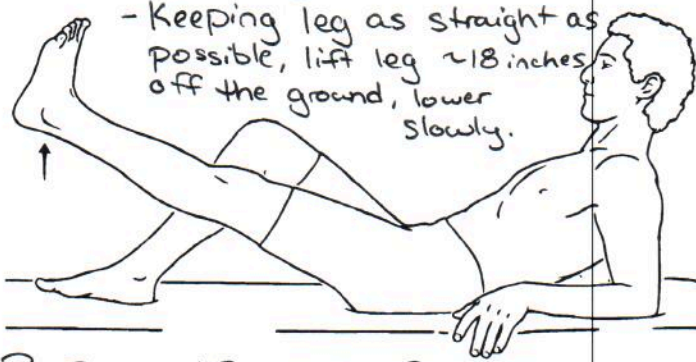


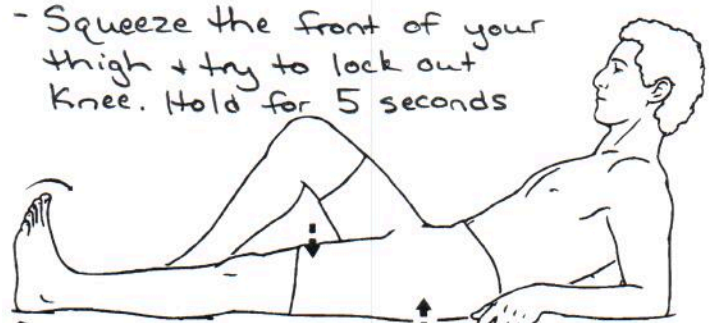
Questions?

Straight leg raises



Perform 10 lifts, 2 sets
1-3 x per day

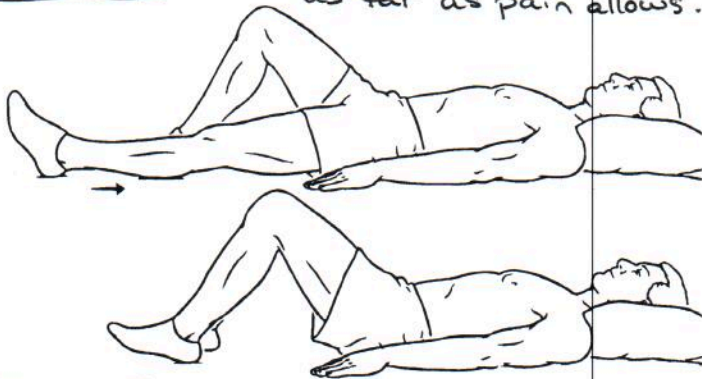
Quad Sets



↑ try to clear heel from ground
Perform 15 squeezes, 2 sets, 3x day

Heel Slides

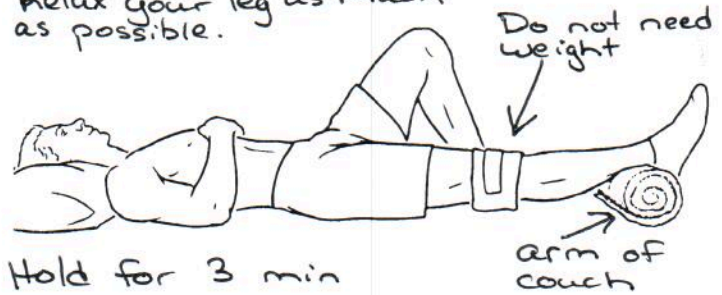
- Drag heel along the ground as far as pain allows.



Perform 20 slides, 2 sets, 3-5x per day

Supine Hangs

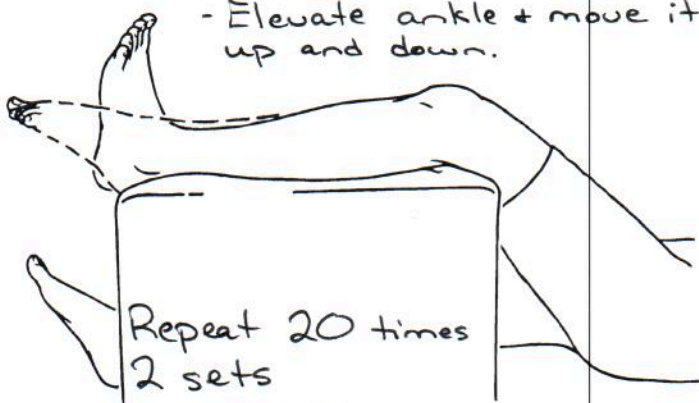
- Place your heel on an elevated surface. Relax your leg as much as possible.



Hold for 3 min
2 x per day.

Ankle Pumps

- Elevate ankle + move it up and down.



Repeat 20 times
2 sets
3 x per day

Stationary Bike

- Set resistance to 0. Pedal slowly.



Ride for 20 min, 2x per day.

If you feel any tenderness or soreness while performing these exercises, stop and contact your therapist before continuing with this routine.