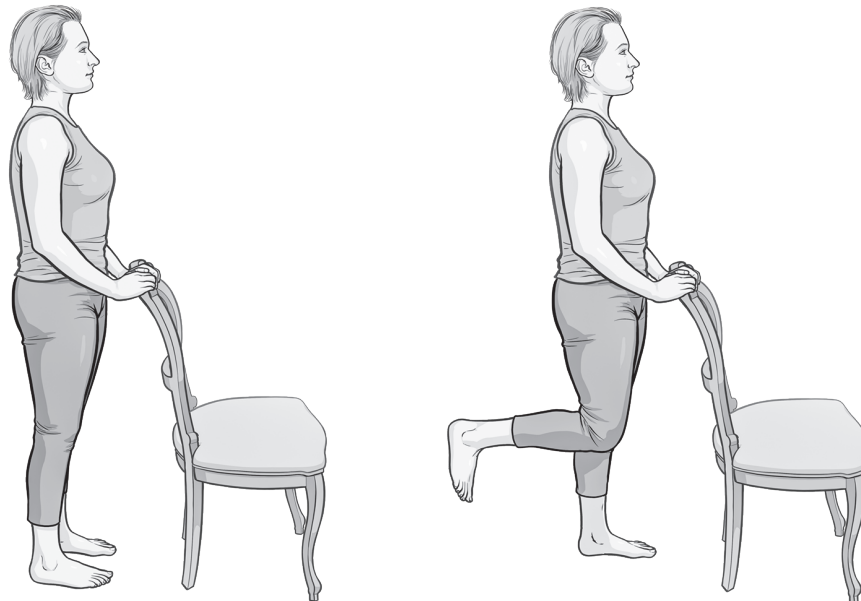


Caution: Please consult your healthcare professional before you attempt these exercises.

Standing Knee Bend

Perform twice a day

1. Stand straight and use the back of a 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 10 to 15 times.
3. Perform the same exercise for the left knee.



Half Squats

Perform twice a day

1. Stand straight and use the back of a chair for support.
2. Perform a half squat. Hold for 5 seconds and then return to the starting position.
3. Repeat the exercise 10 to 15 times.



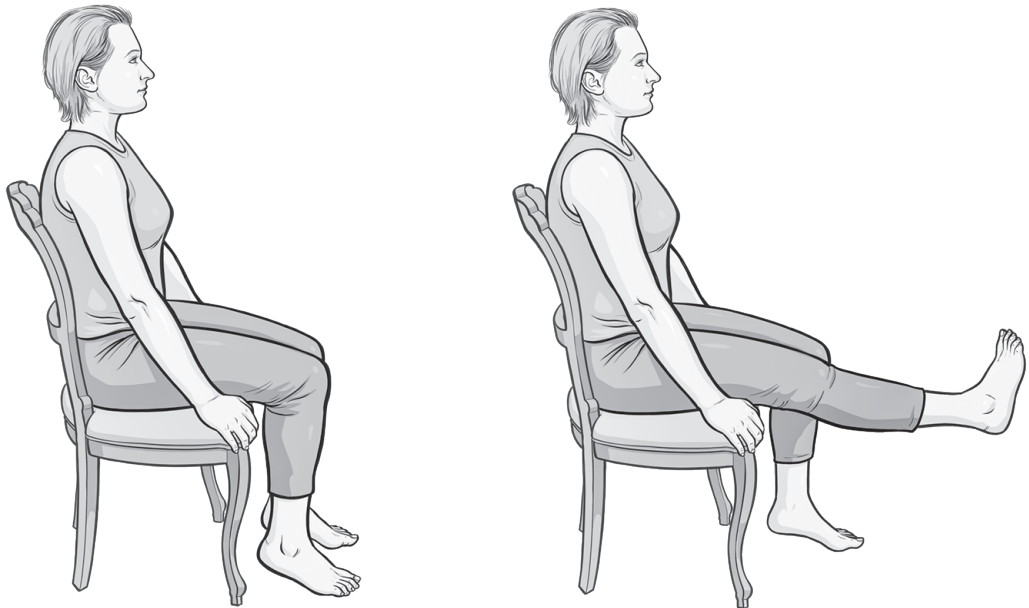
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Caution: Please consult your healthcare professional before you attempt these exercises.

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 10 to 15 times.
2. Perform the exercise on the left side.



Hamstring Stretch

Perform
twice a day

1. Place the heel of your right foot on the seat of a chair. Lean your body forward until you feel a maximum comfortable stretch in the back of your right thigh. Hold this posture for 15 to 20 seconds.
2. Perform the stretch on the left side.



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

Calf Stretch

Perform twice a day

1. Use a chair or a wall for support. To stretch the right calf, 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 stretch on the left



Quadriceps Stretch

Perform twice a day

1. To stretch the right side, grasp your right ankle and pull your foot backwards 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 stretch on the left side.



Hip and Knee Side Stretch

Perform twice a day

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

