

SOUTH SHORE PHYSICAL THERAPY

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SITTING

1. Straighten Knee/Bend Knee
2. Lift Knee
3. Tap Toes/Heel
4. Rotate Trunk-Placing Both Hands on R Then on L.
5. Clasp Hands Lift Overhead.

LYING

1. Ankle Pumps
2. Slide Heel on Bed-Bending Hip and Knee.
3. Slide Leg Out to Side.
4. Lift Leg with Knee Straight. (SLR)
5. Quad Set-Tighten Thigh-Straightening Knee.
6. Pillow Under Heel.
 - SLR
 - Quad Set
7. Pillow Under Knee-Quad Set.
8. Tighten Bottom.
9. Feet on Bed-Lift Bottom
 - Roll Knees to L and R
 - Slight Sit Up
10. Roll Legs Inward and Outward.

SIDE LYING

1. Lift Top Leg toward Ceiling.

STOMACH LYING

1. Bend Knee
2. Lift Leg with Knee Straight.
3. Lift Leg with Knee Bent.

STANDING AT KITCHEN SINK

1. Tip Toes
2. March in Place.
3. Leg Out to Side alternate
4. Bend Knee Backward alternate
5. Slight Knee Bends
6. Stretch Calf-One Foot with Heel on Floor Pointing Straight
 - Lean Forward with opposite knee bent.
7. Stand at Stairs-Lift Foot on Step (2-4) with Knee Straight:
 - Stretching Back of Thigh; Point Toes and Foot to Nose.
8. Bend Knee with Foot to Bottom and Straighten Hip-Stretching Front of Thigh.

***HOLD STRETCHES FOR 15 SECONDS**

_____ Repetitions _____ Times/Day