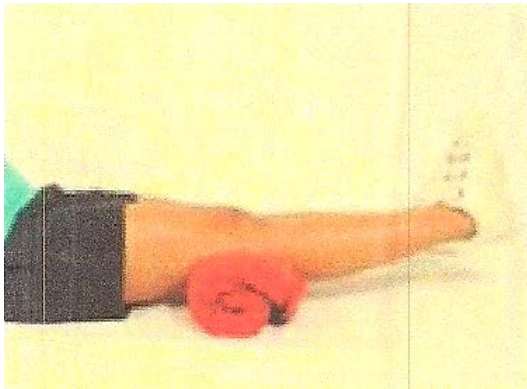


Ankle toe pumps.
Move the ankle up and down.



Static Quadriceps:
Keep a towel roll under your knee and press it to count of 10, and then relax.



Static Hamstring:
Keep a towel roll under your heel and press it to count of 10, then relax.



Dynamic Quadriceps:

Sit with your back straight, lift one leg up, hold it to count of 10, then relax. Repeat the same with other leg.



Hamstring curl:

Stand behind the chair, bend your knee as shown in figure, hold it to count of 10, and then relax.

