Calf Stretch:
Sit on bed as shown with your knee straight. Use your green stretch strap to pull your foot back towards you.

Hold for ___________ seconds
Perform ___________ repetitions _________ times a day

Passive Knee extension with hand:
With your foot on a towel roll or pillow, use your hands to gently press down above your knee to help flatten in out on the bed.

Hold for ___________ seconds
Repeat ___________ repetitions _________ times a day.

Knee Flexion Step 1:
Sit in a chair on a hard floor with socks on.
Slide your ___________ foot backwards as far as tolerated to allow for bending of your knee.

Perform ___________ repetitions _________ times a day.

Knee Flexion Step 2:
Cross your legs at the ankle and use your good leg to push your ___________ leg backwards to feel more of stretch.

Then slowly return to the starting position.

Perform ___________ repetitions _________ times a day.
**Active Assistive Knee Extension:**

Sit in a chair.

Put your good leg behind your _________ leg at the ankles.

Use your good leg to help straighten your _________ leg until your knee is straight.

Perform _________ repetitions _________ times a day.

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**Ex-fix Heel Slides Step 1:**

Start with your _________ leg straight on the bed.

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**Ex-fix Heel Slides Step 2:**

Slide your _________ heel back towards your buttocks.

Then slide back to the starting position.

Be sure to control the entire movement smoothly.

Perform _________ repetitions _________ times a day.

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**Proper resting position type 1:**

Place a towel roll under your _________ ankle. Gently relax your _________ leg to allow your knee to slowly lower down to the bed.

Do throughout the day when not ambulating.

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**Proper resting position type 2:**

If your fixator extends into the foot place firm object under the last ring of you external-fixator or under your ankle if frame does not cover your foot.

This allows your knee to become as straight as possible (flat on the bed)

Do throughout day when not ambulating.
Ex-fix SLR Step 1:
Gently squeeze your ________ knee towards the bed.
Bend the same foot back towards you.

Ex-fix SLR Step 2:
Keeping your knee straight, lift your ________ leg of the bed to a
height of 12-18 inches.
Hold ________ seconds

Perform ________ repetitions ________ times a day