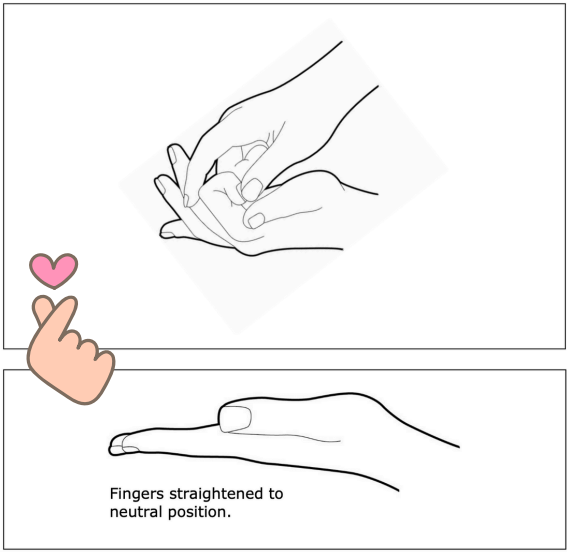
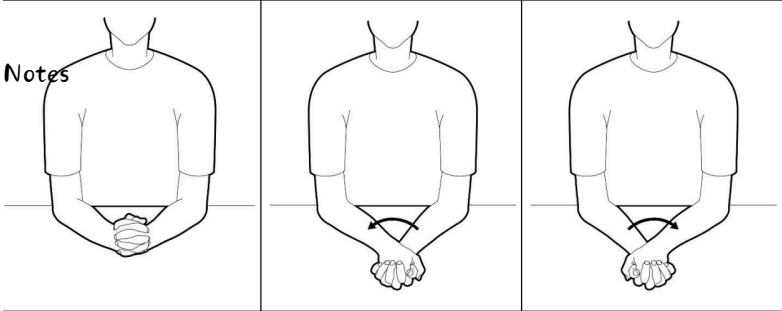
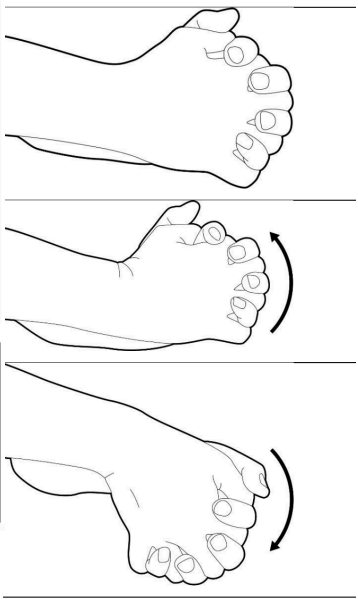
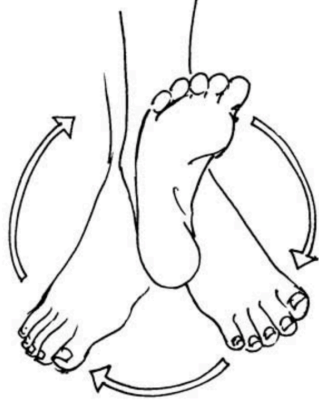


Annie's Notes

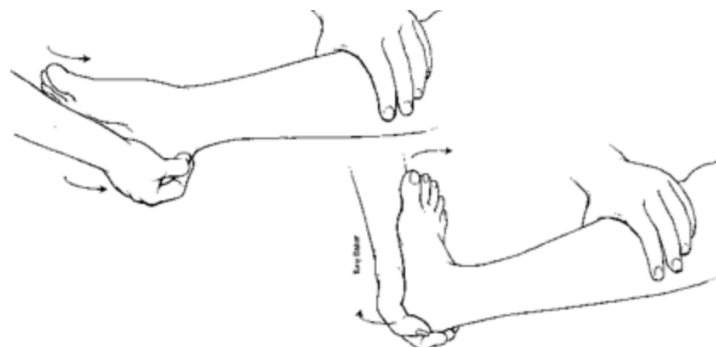


Fingers straightened to neutral position.

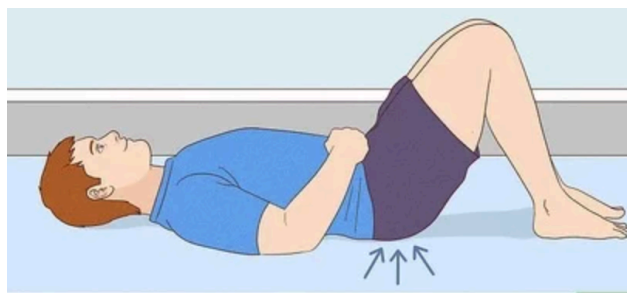




**move ankle clockwise and reverse 30 rep**



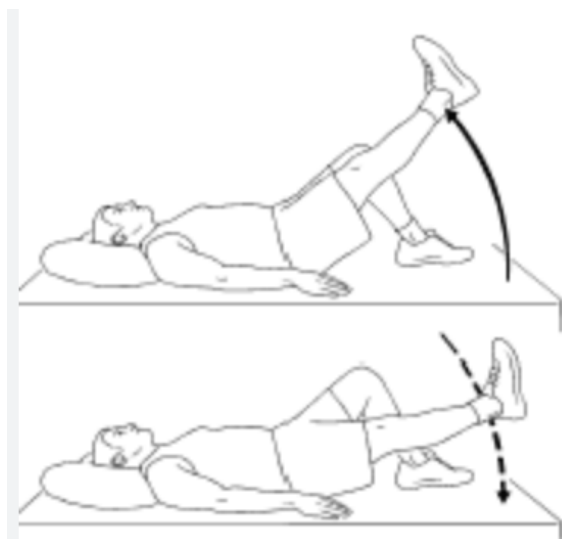
**stretch ankle hold 20-30 sec 10 rep**



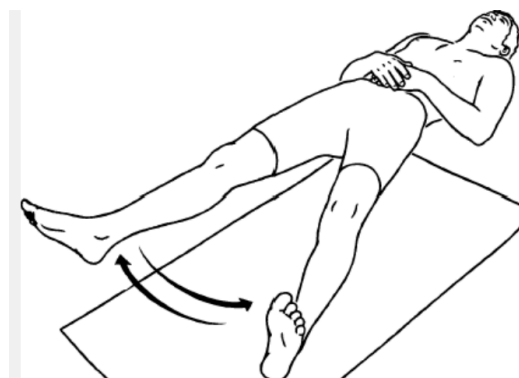
**squeeze buttock muscle hold 30 sec 10 rep  
and any time in sitting and lying**



**raise leg until feel stretch hold 20-30 sec /10 rep**



**raise leg up 30**



**move leg outside and to inside 30 rep**



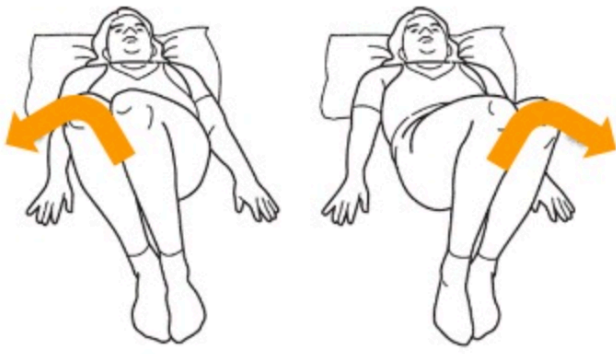
**raise leg 20 -30 rep  
both sides**



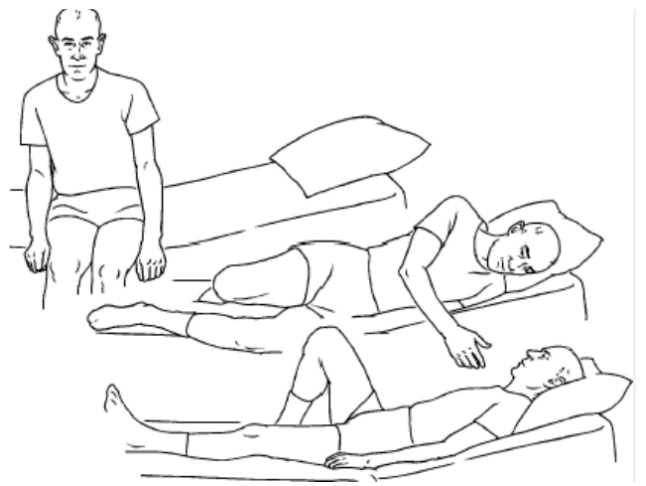
**extend leg 30 rep  
both sides  
or extend leg hold 10  
sec /20 rep both  
sides**



**press pillow hold  
10 sec /30 rep**



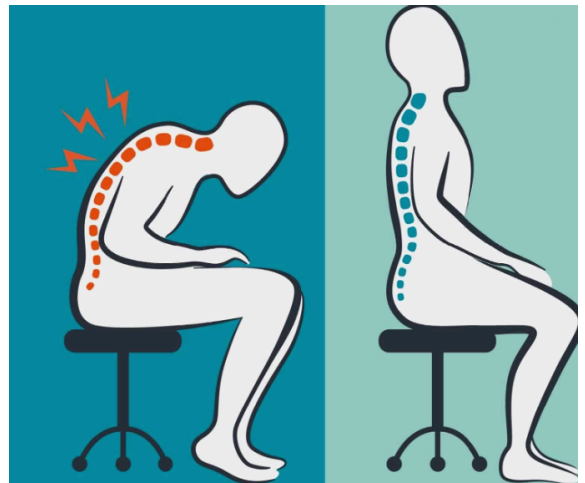
turning to Right side and to Lt side 20 rep



let patient doing the movement  
if she needs help give her your hand and  
do not pull  
15 rep each sides  
make sure pt don't hold breathing



lying to sit try to not pull patient  
patient will do movement just give her your hand to  
support maintain in sitting 10-20 sec  
during back to lying position going back slowly



always remind her to correct her posture

### **note :**

make sure patient does not hold her breath during ex  
after each 10 repetitions give her time to rest 15-30 sec  
always monitor facial expression  
if exhausted give her break