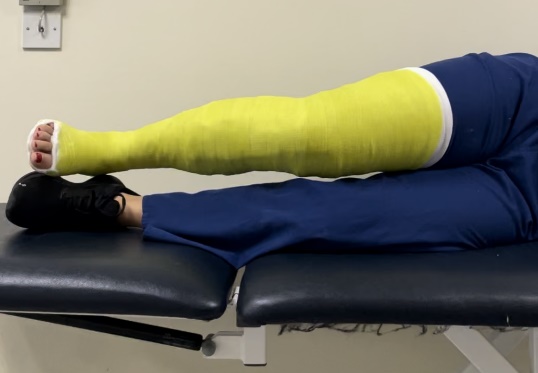
**Exercises to complete when in an above knee cast**

**Leg Raise**

1. Start lying on your back
2. Slowly raise your leg up and hold for 3 seconds.
3. Return to starting position and repeat \_\_\_ times.

**Hip abduction**

1. Start lying on your side with your casted leg on top
2. Slowly raise your leg up and out to the side
3. Return to starting position and repeat \_\_\_ times.

**Hip extension**

1. Start lying on your tummy
2. Slowly lift your leg up behind you
3. Return to starting position and repeat \_\_\_ times.



**Glute bridges**

1. Start lying on your back with your uncasted leg bent and your casted leg out in front.
2. Squeeze your bottom and lift it off the bed, keeping your heels on the bed
3. Hold for 3 seconds before returning to starting position
4. Repeat \_\_ times.



**Standing hip abduction**

1. Start by standing up straight
2. Slowly lift your casted leg out to the side
3. Hold for 3 seconds before returning to the starting position
4. Repeat \_\_ times.

**Standing hip extension**

1. Start by standing up straight
2. Slowly lift your casted leg out behind you
3. Hold for 3 seconds before returning to the starting position
4. Repeat \_\_ times.