**Exercises to complete when in a below knee cast**

**Straight Leg Raise**

* Sit up nice and tall with your leg out straight in front of you
* Let your knee rest as straight as it can possibly go, you should feel a stretch behind you knee
* If you can, put a pillow under your heel (not your knee) and relax to let your knee stretch even more

**Straight Leg Raise**

* Start lying on your back
* Slowly raise your leg up, keeping it straight, and hold for 3 seconds.
* Return to starting position and repeat \_\_\_ times.

**Hip Abduction**

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

**Inner Range Knee Extension**

* Start lying on your back and put a pillow under your knee
* Slowly straighten your leg pushing your knee into the pillow, hold for 3 seconds
* Return to starting position and repeat \_\_\_ times.

**Seated Knee Extension**

* Start sitting in your chair
* Slowly kick your leg out until it is straight, hold for 3 seconds
* Return to starting position and repeat \_\_\_ times.

**Glute Bridges**

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

**Standing Marching**

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