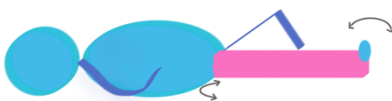




HOW TO REHEARSE A CASTED LOWER LIMB A LONG LEG CAST / THE KNEE ORTHOSIS

- PRACTICE 2-3 TIMES DURING THE DAY. REPEAT THE EXERCISES 10 TIMES
- THE PURPOSE OF EXERCISES IS TO REDUCE SWELLING, QUICKEN CIRCULATION, MAINTAINING MUSCLE TONE, PREVENTING STIFFENING OF JOINTS



HOOK AND STRETCH YOUR TOES BRISKLY.

PRESS YOUR BUTTOCKS TIGHTLY TOGETHER. HOLD CONTRACTION FOR 7-10 SECONDS

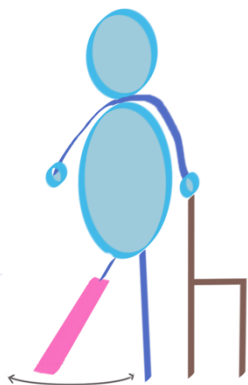


DORSIFLEX YOUR ANKLES AND PRESS THE BACK OF YOUR KNEES AGAINST THE SURFACE TO ACHIEVE CONTRACTION IN YOUR QUADRICEPS. WHILE DOING THIS YOUR KNEE CAPS SHOULD CLEARLY MOVE UPWARDS. HOLD CONTRACTION FOR 7-10 SECONDS.

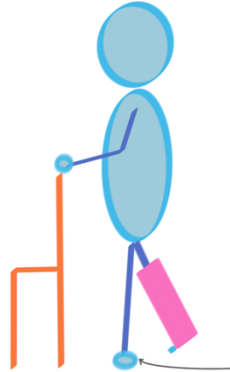


FLEX YOUR OTHER KNEE ON THE SURFACE. LIFT YOUR CASTED LEG UP WITH KNEE EXTENDED AND ANKLE DORSIFLEXED

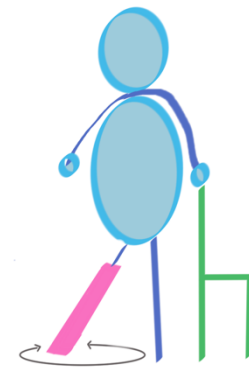
DO THE SAME MOVEMENT BUT ROTATE YOUR HEEL TO THE RIGHT AND TO THE LEFT (ROTATION SHOULD OCCUR FROM YOUR HIP)



MOVE YOUR CASTED LEG ONTO YOUR SIDE (HIP ABDUCTION), KEEP THE TOES FORWARDS. THEN BRING YOUR LEG BACK TO THE MIDDLE.



CONTRACT YOUR BUTTOCKS AND MOVE YOUR CASTED LEG BACKWARDS. TRY NOT BEND YOUR BODY FORWARDS



ROTATE THE CASTED LEG FROM THE HIP BY BIG CIRCLE IN BOTH DIRECTIONS