Hello, Avery Morgan.

Your home exercise guide

Clear movements. Care that continues.

03 EXERCISES

YOUR PROGRAM

01 Quad Set

02 Sit to Stand

03 Bridge

Prepared for Avery Morgan

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CLINICIAN NOTE

Welcome to your home exercise guide. Use these illustrated pages to follow along between visits. This example program shows how your clinician can personalize your care.

Follow the prescribed dose on each exercise page. Keep this guide on your phone or print it for easy reference.

SAFETY AND FOLLOW-UP

Stop the exercise and contact your clinician for sharp or worsening pain, new swelling, giving way, or dizziness. For chest pain, severe shortness of breath, fainting, or another possible emergency, call 911 or seek emergency care immediately.

01 Quad Set

KNEE / STRENGTH



START



FINISH

SUGGESTED DOSAGE - CLINICIAN REVIEW REQUIRED

10 repetitions · hold 5 seconds

REMEMBER THIS

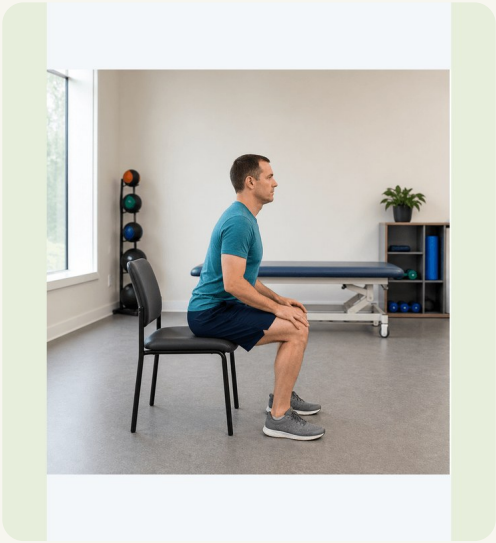
The kneecap should glide slightly upward as the thigh tightens.

1. Lie on your back with the working leg straight and the other leg relaxed.
2. Pull the toes toward you, tighten the front of the thigh, and gently press the back of the knee toward the surface.
3. Hold without lifting the heel, then fully relax before the next repetition.

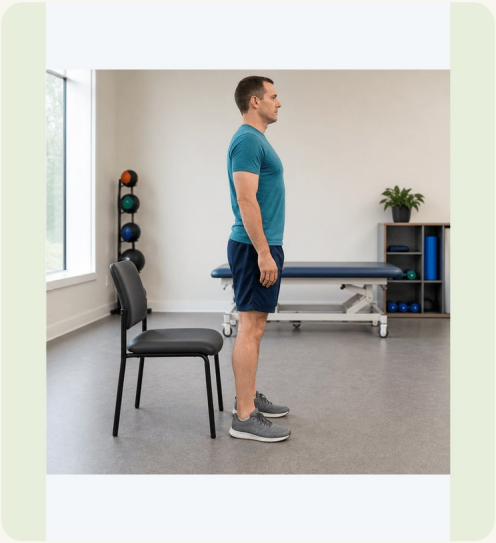
Equipment: Optional small towel

02 Sit to Stand

KNEE / STRENGTH



START



FINISH

SUGGESTED DOSAGE - CLINICIAN REVIEW REQUIRED

8-12 repetitions · 2 sets

REMEMBER THIS

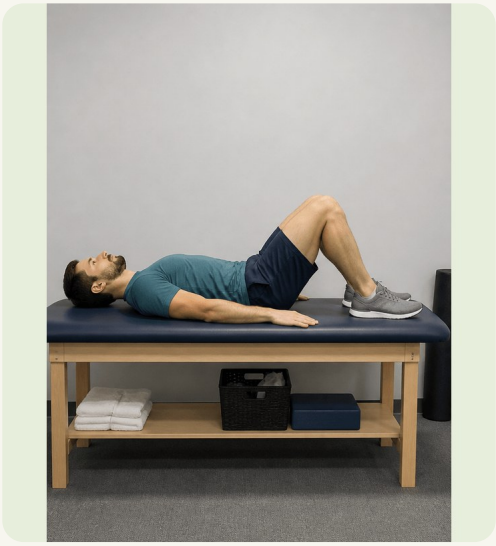
Use the armrests only as much as needed for safety.

1. Sit near the front of a sturdy chair with feet hip-width apart and slightly behind the knees.
2. Lean the chest forward over the toes and press through both feet.
3. Stand fully without letting the knees collapse inward, then reach the hips back and sit down slowly.

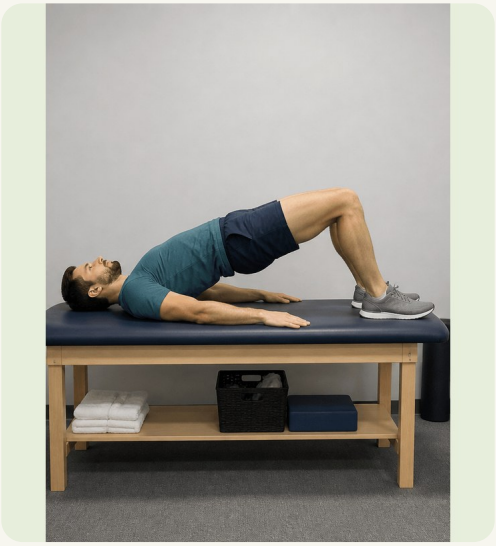
Equipment: Sturdy chair

03 Bridge

KNEE / STRENGTH



START



FINISH

SUGGESTED DOSAGE - CLINICIAN REVIEW REQUIRED

10-15 repetitions · 2 sets

REMEMBER THIS

Drive through the whole foot and keep both knees pointing forward.

1. Lie on your back with knees bent, feet hip-width apart, and arms relaxed.
2. Gently brace the abdomen and squeeze the buttocks.
3. Lift the hips until shoulders, hips, and knees form a line; pause, then lower one segment at a time.

Equipment: Exercise mat