

Supine Exercise Program

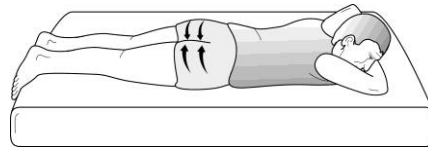
Patient Name _____

Date _____

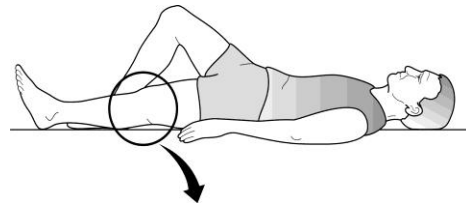
Therapist Name _____

Gluteal Sets

1. Squeeze buttocks together.
2. Hold ____ seconds.
3. Repeat ____ times.

**Knee Extension – Quad Sets**

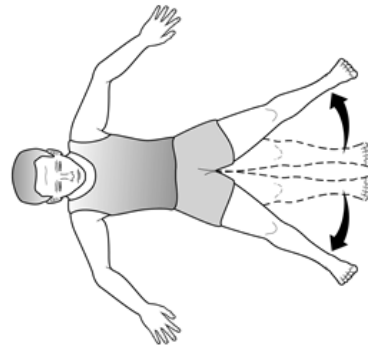
1. Lie on back, press _____ knee into mat, tightening muscle on front of thigh. Do not hold your breath.
2. Hold ____ counts.
3. Repeat ____ times.

**Heel Slides – Knee and Hip Flexion**

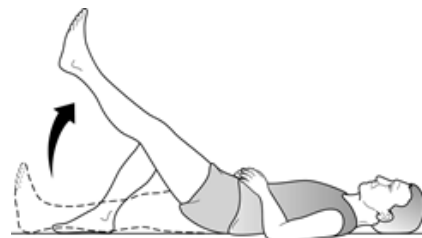
1. Lie on back.
2. Slide heel up toward buttocks.
3. Repeat ____ times for each leg.

**Hip Abduction (Snow Angels)**

1. Lie on back with knees straight.
2. Move feet apart and together.
3. Repeat ____ times.

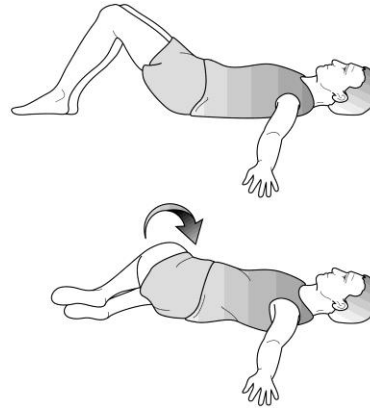
**Straight Leg Raise**

1. Lie on back with 1 knee bent.
2. Lift other leg. Keep knee straight.
3. Repeat ____ times each leg.



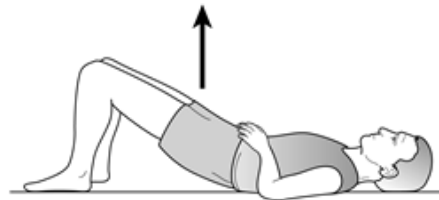
Lower Trunk Rotation

1. Lie on back with knees bent.
2. Roll knees from side to side.
3. Repeat _____ times.



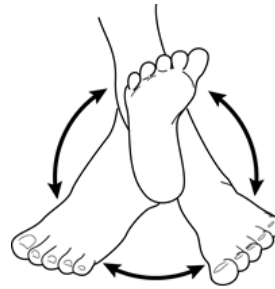
Bridging

1. Lie on back with knees bent.
2. Lift bottom up.
3. Repeat _____ times.



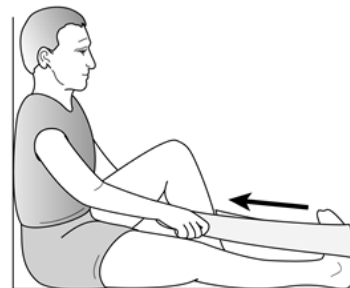
Ankle Circles

1. Move feet around in a circle.
2. Repeat _____ times.



Heel Cord Stretch

1. Use cane, belt or assistant's arm to stretch toes upward.
2. Do slowly by counting to _____.
3. Repeat _____ times.



Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 2/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#6012