

Supine Exercise Program

Patient Name _____

Date _____

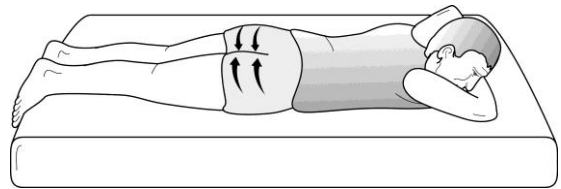
Therapist Name _____

1. Gluteal Sets

Squeeze buttocks together.

Hold ____ seconds.

Repeat ____ times.

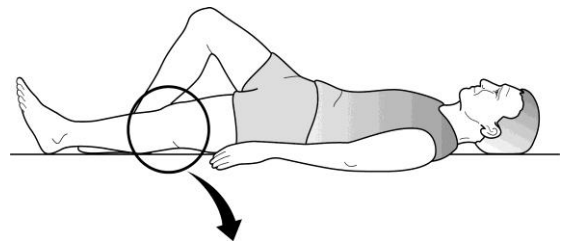


2. Knee Extension – Quad Sets

Lie on back, press _____
knee into mat, tightening muscle
on front of thigh. Do not hold
your breath.

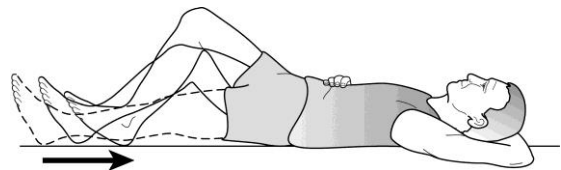
Hold ____ counts.

Repeat ____ times.



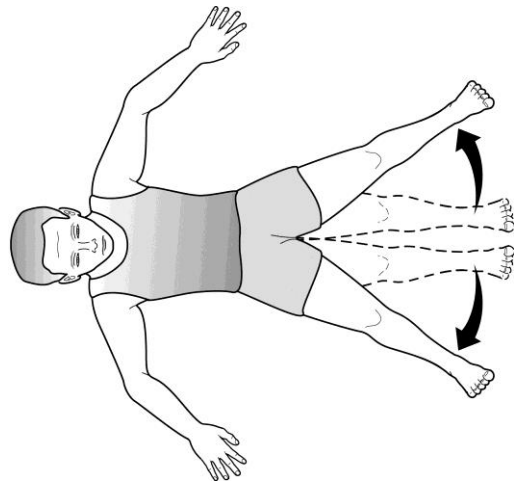
3. Heel Slides – Knee and Hip Flexion

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



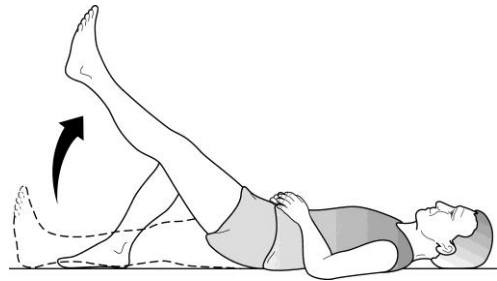
4. Hip Abduction (Snow Angels)

Lie on back with Knees straight.
Move feet apart and together.
Repeat _____ times.



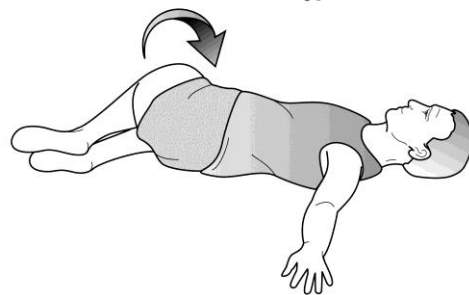
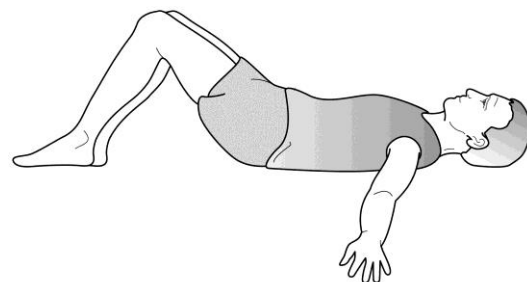
5. Straight Leg Raise

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



6. Lower Trunk Rotation

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

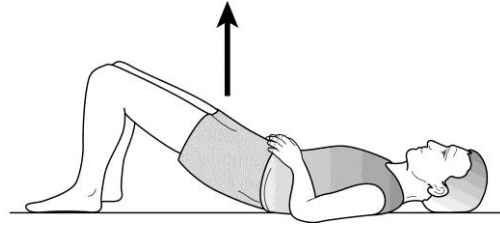


7. Bridging

Lie on back with knees bent.

Lift bottom up.

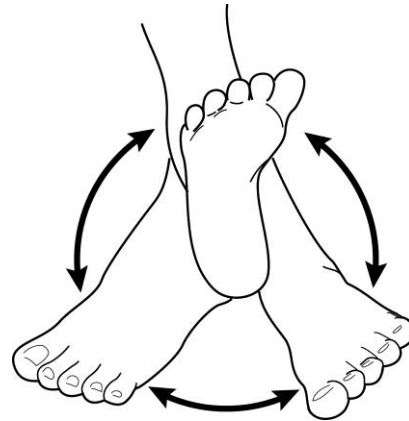
Repeat _____ times.



8. Ankle Circles

Move feet around in a circle.

Repeat _____ times.

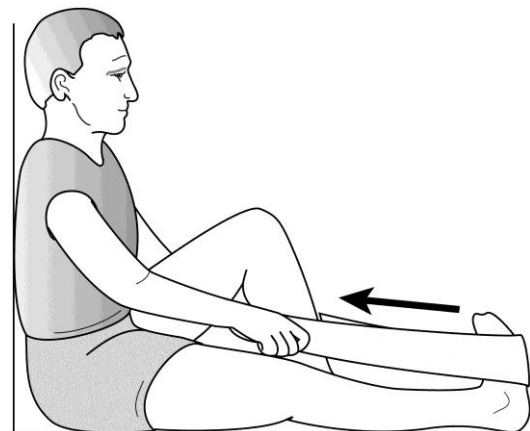


9. Heel Cord Stretch

Use cane, belt or assistant's arm to stretch toes upward.

Do slowly by counting to _____.

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 © 1/2017 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#6012