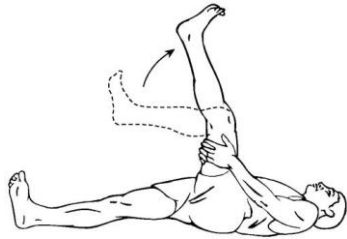


Date:
Patient Name:

**MOBILIZATION • Nerve Root
LE**



1. Lie on your back as shown in the drawing.
2. Bend your hip to 90 degrees as shown, and use both to hold the back of the thigh of the leg that has had surgery.
3. Slowly straighten your knee against gravity. Slowly return to your starting position.
4. Go as far as you can without discomfort.
5. Repeat exercise _____ times, _____ times per day.

MOBILIZATION • Nerve Root



1. Sit on a chair, bench, table, or counter that is high enough so that your feet are off the floor.
2. Slump/slouch when you sit, rounding your back and allowing your head to bend forward as shown.
3. **With your foot relaxed, slowly** straighten your _____ knee until it is straight or you feel a mild pull in the back of your knee or calf. Hold for a count of 10. Relax and let your knee bend.
4. If you can straighten your knee fully without feeling a pull, **slowly** pull your toes up toward you. Hold for a count of __. Relax, and let your toes point.

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