

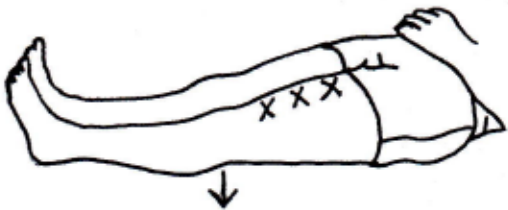
## Physical Therapy Exercises



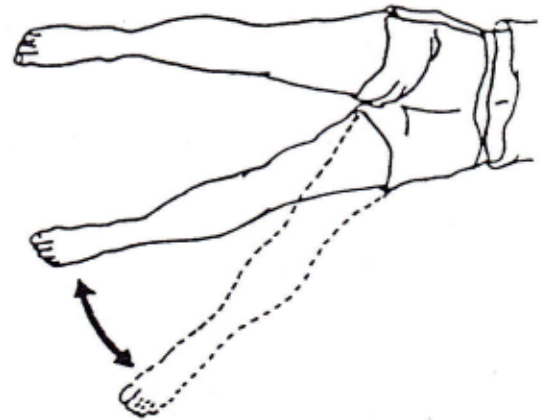
ANKLE PUMPS



HEEL SLIDES



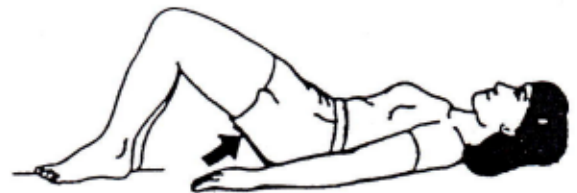
QUAD SETS



HIP ABDUCTION



GLUT SETS



BRIDGING



HAMSTRING SETS



STRAIGHT LEG RAISE