



AFTER PROXIMAL HAMSTRING REPAIR

Ankle & Foot Exercises

These exercises keep your circulation moving and your ankle and foot limber while your hamstring repair heals. Do NOT actively bend your knee or stretch the back of your thigh — follow your brace and weight-bearing instructions exactly. These are ankle and foot movements only.

1 Ankle Pumps

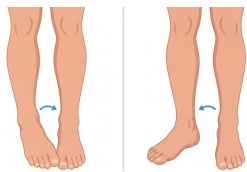
Repeat 10–15 times. Do every hour while awake



With your leg supported, pull your toes up toward your head as far as comfortable, then point them down. Move slowly and smoothly — this also helps prevent blood clots.

2 Ankle Side-to-Side

Repeat 10 each way. Do 3–5 times per day



With your leg supported, slowly turn the sole of your foot inward, then outward, within a comfortable range. Keep the motion at the ankle, not the knee or hip.

3 Toe Curls & Spreads

Repeat 10–15 times. Do 3 times per day



Curl your toes down as if gripping a towel, then spread them wide. You can place a small towel under your foot and scrunch it for light resistance.

Stop and call the office if you notice calf pain or swelling, or numbness or tingling in the foot: (509) 460-5588.

Educational information, not medical advice. This program is a general guide — your own restrictions from Dr. Kelly and your therapist always take priority.