Repeat 5-10 times, 3-5 times a week

Move the knee up towards the chest,
allowing the leg to bend and then back down towards the bed.

Using the same position as above, straighten the knee and bring the leg up.

Support the leg, so that both the hip and knee are at 90 degrees (right angle), then move the heel:

Towards you

With one hand holding the ankle still, grasp the foot below the toes and move the upper part of the foot in a circular movement.

Away from you

Support the heel with one hand so that your arm rests against the bottom of the person's foot.
Press your arm against the bottom of their foot bending it towards the leg, stretching the calf

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