

Certainly, I can provide a brief description of the steps for each of the exercises you mentioned:

**\*\*Straight Leg Raise Exercise:\*\***

1. Lie on your back with your legs straight.
2. Tighten your quadriceps (the muscles on the front of your thighs).
3. Keeping your knee straight, lift one leg off the ground.
4. Raise your leg until it's at the same level as your other leg or as far as you can comfortably.
5. Hold the lifted position briefly.
6. Lower your leg back down with control.
7. Repeat for the desired number of repetitions on each leg.

**\*\*Clamshell Exercise:\*\***

1. Lie on your side with your legs bent at a 90-degree angle, with your feet together.
2. Keep your feet touching and lift your top knee as far as you comfortably can while keeping your feet in contact.
3. Hold the raised position briefly.
4. Lower your knee back down with control.
5. Repeat for the desired number of repetitions on each side.

**\*\*Flexion, Abduction, Extension (Active Range of Motion):\*\***

These exercises involve moving your leg in different directions to improve flexibility and range of motion.

1. Lie on your back.
2. Flexion: Bend your knee and bring it toward your chest, then straighten it.
3. Abduction: Move your leg away from the midline of your body, then return it to the center.
4. Extension: Straighten your leg and then bend it again.
5. Repeat these movements to improve the range of motion in your hip.

**\*\*Quadriceps Set:\*\***

1. Sit or lie down with your leg extended.
2. Tighten the muscles on the front of your thigh as much as you can.
3. Hold this contraction for a few seconds.

4. Relax and repeat several times.

**\*\*Hamstring Set:\*\***

1. Sit or lie down with your leg extended.
2. Tighten the muscles on the back of your thigh as much as you can.
3. Hold this contraction for a few seconds.
4. Relax and repeat several times.

Please note that it's essential to perform these exercises under the guidance of a healthcare professional or physical therapist, especially if you are recovering from an injury or surgery. They can provide you with personalized instructions and monitor your progress to ensure you're doing the exercises correctly and safely.

Certainly, here are the steps for a “Mini Squat” exercise:

**\*\*Mini Squat Exercise:\*\***

1. Stand with your feet hip-width apart and your toes pointing forward.
2. Keep your back straight, chest up, and shoulders relaxed.
3. Begin the squat by bending your knees and hips, as if you were sitting back into a chair.
4. Lower your body down by pushing your hips back and bending your knees. Your knees should not go beyond your toes.
5. Continue to lower yourself until your thighs are roughly parallel to the ground, or as far as you can comfortably go.
6. Keep your weight on your heels and maintain a slight arch in your lower back.
7. Hold the squat position briefly, ensuring your knees are in line with your toes.
8. Push through your heels and return to the starting position, extending your hips and knees.
9. Repeat for the desired number of repetitions.

The mini squat is a great exercise to strengthen the muscles in your lower limbs, including your quadriceps, hamstrings, and glutes, and it can also help improve balance and stability. Ensure you maintain proper form throughout the exercise, and if you're new to squatting or have any concerns, it's a good idea to consult with a fitness professional or physical therapist to ensure you're doing it correctly.