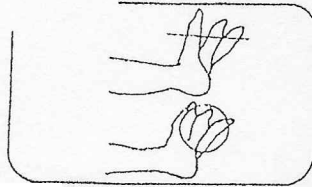
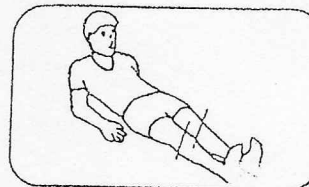




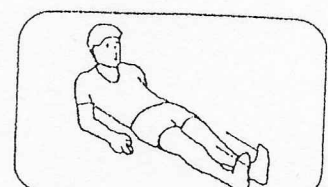
Post operative Knee Exercises



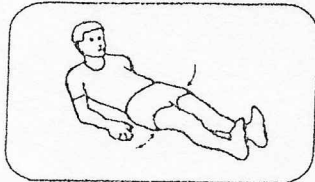
[1] Ankle Circles
 Pump feet up and down as far as possible. Then move feet around in circles



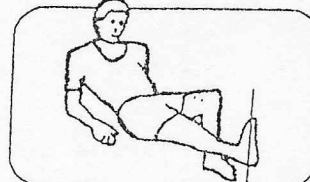
[2] QUADRICEPS SET
 Tighten the muscle on the front thigh by pushing knee down so leg is as straight as possible. Hold for count of 5. Then repeat



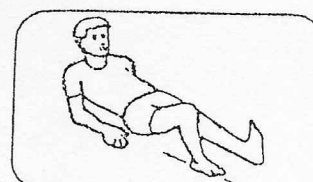
[3] Hamstring Set
 Tighten the muscle on the back thigh by pulling your heel back and slightly bending your knee. Hold for a count of 5. Then repeat.



[4] Gluteal Set
 Pull your buttocks together and hold for count of 5. Repeat



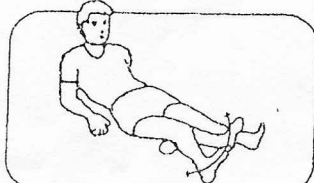
[5] Straight Leg Raise
 Bend opposite leg up and plant your foot. Tighten quadriceps muscle to operative leg until leg is as straight as possible and lift to height of other knee. Hold. Lower slowly. Repeat.



[6] Knee Flexion/ Extension
 Lying on back, slide heel up towards buttock. Hold the stretch. Repeat



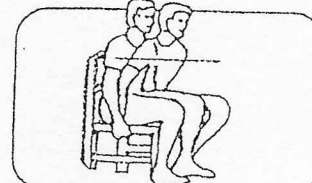
[7] Knee Flexion
 Position yourself either lying face down or standing up, holding on to a table. Bend knee bringing heel toward buttock. Lower slowly. Repeat.



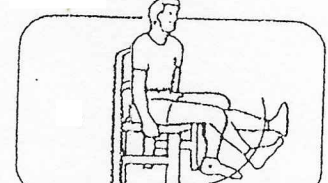
[8] Short Arc Quads
 Put a pillow or firm towel roll under your knee. Lift up your foot so your leg is straight. Hold for count of 5 seconds. Lower slowly



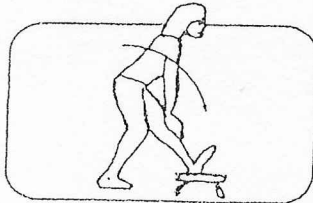
[9] Short Range Squat
 Stand supported with hands on the back of a chair or table. Slowly bend knees 30-45 degrees and then straighten again. Repeat.



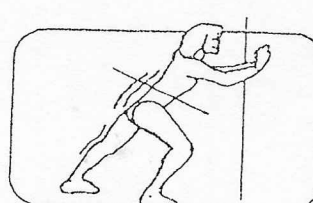
[10] Knee Flexion/ Extension
 Sit up straight in a chair and place feet so operative knee feels a slight stretch. Keeping feet planted, scoot forward in chair. Hold the stretch. Scoot further forward and hold. Repeat 10 times, then scoot chair back to release stretch.



[11] Full Arc Quads
 Sit upright in a chair or on edge of bed with your feet back as far as comfortable. Extend leg until knee is as straight as possible. Lower slowly. Repeat.



[12] Hamstring Stretch
 Stand Erect with a Good Posture. Place heel of affected leg on a footstool. Lean forward extending chest toward leg, keeping your back straight. Hold for a count of 5. Repeat



[13] Calf Stretch
 Stand 2-3 feet from wall. Lean forward onto hands as shown. Keep back foot flat. Push forward until you feel stretch. Hold. Repeat.

Do each exercise 10 times

Perform a minimum of 3 sets per day starting the day

Do no use any weights for at least the first two weeks after surgery or until directed by your physician or physical therapist.