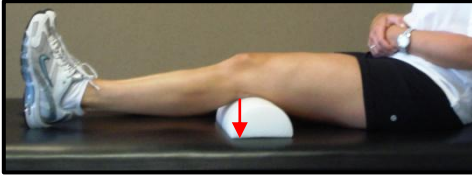




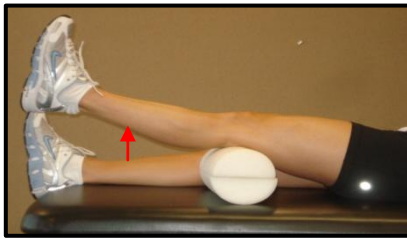
KNEE EXERCISES



Quadriceps Set

Tighten the muscle on the front of your thigh and push down into the towel roll under your knee.

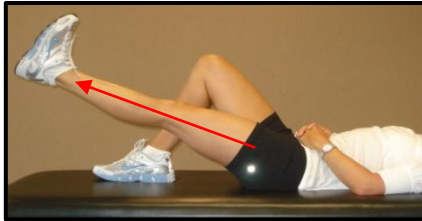
Hold 10 seconds. Repeat 20 times. 1 - 3 sessions a day.



Short Arc Quad

With your knee bent over a pillow, tighten the muscle on the front of your thigh by lifting your heel and straightening your lower leg. Be sure to keep the back of your knee against the pillow.

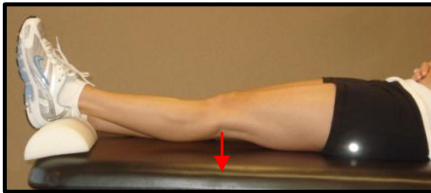
Hold 10 seconds. Repeat 20 times. 1 - 3 sessions a day.



Straight Leg Raise

Tighten the muscle on the front of your thigh and lift the entire leg 6 – 10 inches from the bed keeping the knee locked in full extension.

Hold 10 seconds. Repeat 20 times. 1 - 3 sessions a day.



Static Knee Extension Stretch

Place a towel roll under your heel. Tighten the muscle on the front of your thigh by pushing the back of your knee down toward the table.

Hold 10 seconds. Repeat 20 times. 1 - 3 sessions a day.



Hamstring Stretching – Seated

Keeping the knee straight and your toes pointed up, slowly lean forward until you feel a stretch in the back of your thigh, knee and/or calf. Keep your chin up, back straight and NO BOUNCING.

Hold 30 seconds. Repeat 3 times. 1 - 3 sessions a day.



Ankle Pumps

Gently bend and straighten your ankle through your full range of motion.

Repeat 30 times. 1 - 3 sessions a day.