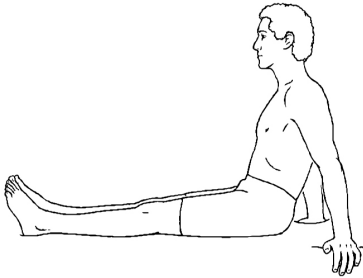


Immediate Post-op Knee Exercises

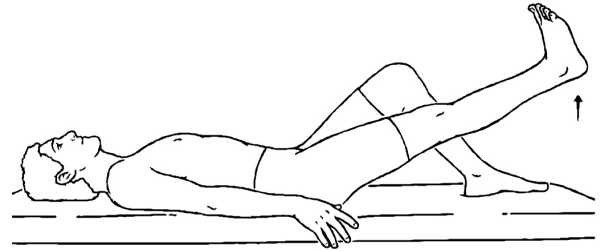
Hip/Knee - Strengthening: Quadriceps Set



Tighten muscles on top of thighs by pushing knees down into surface. Hold five to ten seconds.

Complete ten per hour.

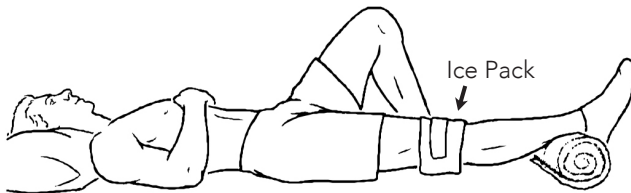
Hip/Knee - Strengthening: Straight Leg Raise (Phase 1)



Tighten muscles on front of right thigh, then lift leg six inches from surface, keeping knee locked.

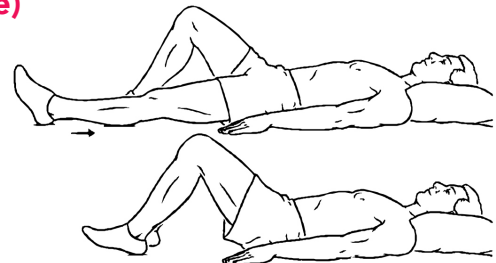
Complete ten per hour.

Hip/Knee - Knee Extension Mobilization: Towel Prop



Complete continuously while laying down.

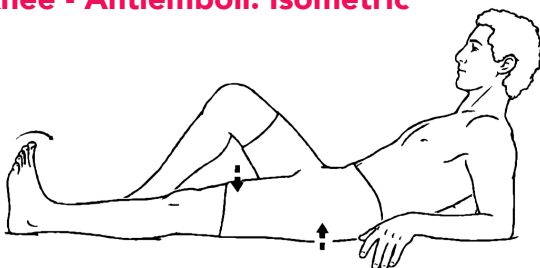
Hip/Knee - Self-Mobilization: Heel Slide (Supine)



Slide affected side's heel toward buttocks until a gentle stretch is felt. Hold for five seconds. Relax.

Repeat five times per set. Do one to two sessions per day.

Hip/Knee - Antiemboli: Isometric



Pull toes of affected knee, tense muscles on front of thigh and simultaneously squeeze buttocks. Keep leg and buttock flat on floor. Hold ten seconds.

Complete five times daily.

