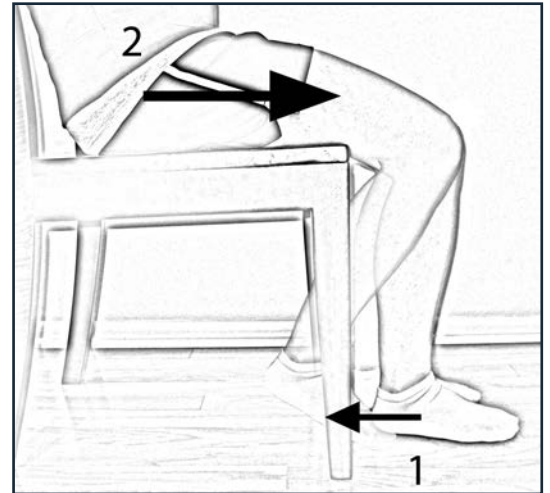


SAFTE Exercise After Knee Surgery

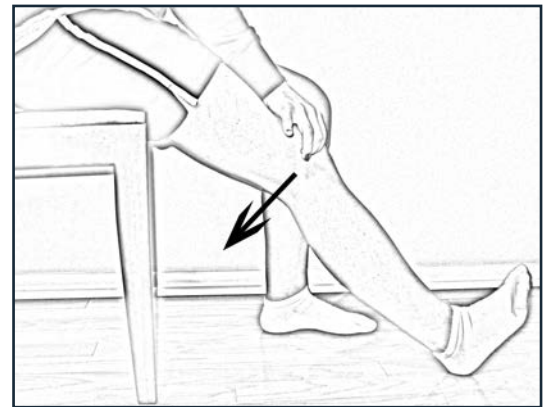
Slide and Flex

1. Sit straight up in a chair and slide your foot back, bending your knee as far as it will go.
2. Without moving your foot, lean back and slide your buttock forward, forcing your knee to bend further. This will hurt, but is vital to your recovery.
3. **Perform one set of 10 repetitions, two times daily.**



Tighten Extend

1. Sit with leg extended and heel on the floor. Tighten your thigh muscles, pushing the back of your knee downward. Hold for five seconds, then slowly relax to starting position.
2. While relaxed, gently move knee cap from side-to-side.
3. **Perform one set of 10 repetitions, two times daily.**



Ankle Pumps

1. Sit with leg supported as shown.
2. Move foot up and down.
3. Repeat.
4. **Perform one set of 10 repetitions, at least every two hours while awake.**

