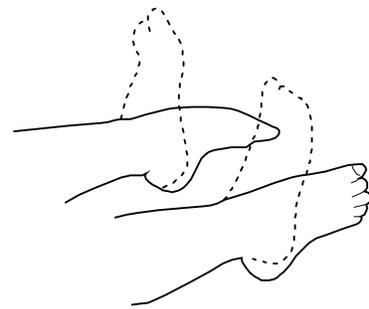


Knee exercises

- Please do all of these exercises 3 times a day.
- Do each exercise 10 times.

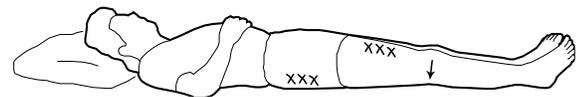
Ankle Pumping

- Move your ankles up and down.



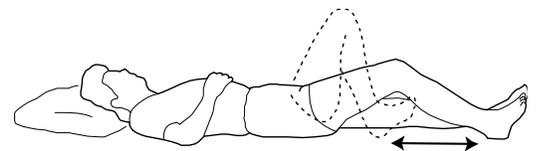
Thighs and buttocks

- Keep your leg straight.
- Tighten the muscles on your upper thigh and buttocks.
- Hold for 5 seconds.



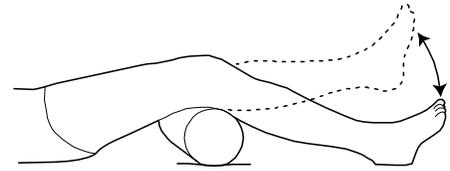
Knee flexion

- Lie on your back.
- Bend your knee then straighten it.



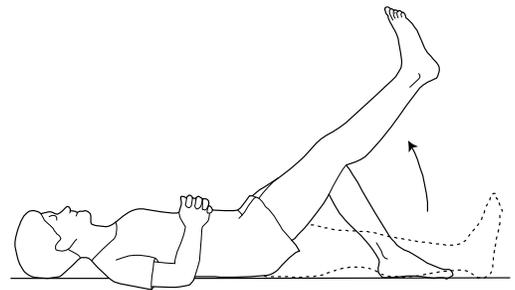
Quads over a roll

- Place a roll under your knee.
- Lift your foot off of the bed and straighten your knee.
- Hold for 3 seconds, then relax.



Straighten leg raise

- Keep leg straight.
- Lift your leg off of the bed.
- Hold for 5 seconds, and then relax.



Knee extension

- When sitting, bend your knee and pull your foot under your chair, as far as you can.
- Then bring your foot forward as you straighten your knee.

