

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.

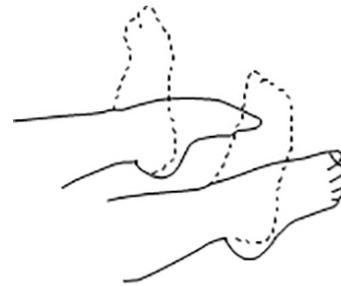
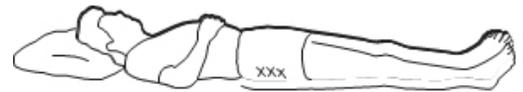


Diagram of feet with ankles moving up and down.

Thighs and buttocks

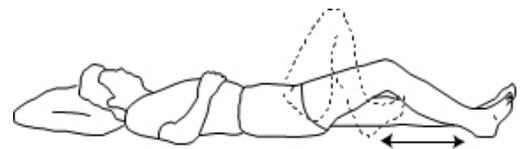
- Keep your leg straight.
- Tighten the muscles on your upper thigh and buttocks.
- Hold for 5 seconds.



Person laying on their back with head on a pillow.

Knee flexion

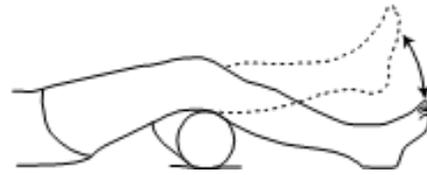
- Lie on your back.
- Bend your knee then straighten it.



Person laying on their back, bending and straightening the knee.

Quads over a roll

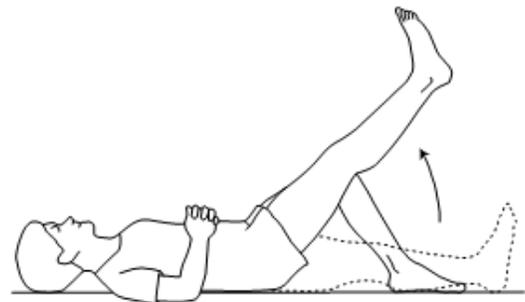
- Place a roll under your knee.
- Lift your foot off of the bed and straighten your knee.
- Hold for 3 seconds, then relax.



Person lying on back with roll under a slightly bent knee.

Straighten leg raise

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



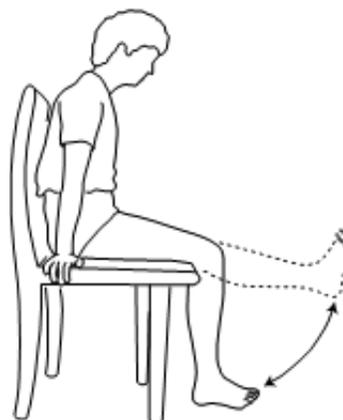
Person lying on back with one knee bent and raising the other one keeping it straight..

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.



Person sitting with legs bent and pulling leg under chair.



Person sitting in chair bringing the same leg forward to straighten knee.