

! Important: Exercise both legs!

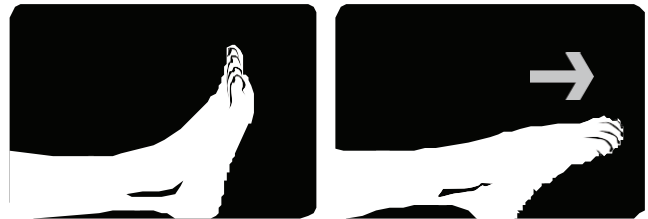
Some pain is to be expected. If pain increases significantly stop the exercise. All exercises should be done as tolerated to increase strength. Overdoing exercises may seem like progress while you are doing them, but the next day you will find you have an increase in pain, swelling, stiffness and soreness.

ANKLE PUMPS

10 Per Hour While Awake

In bed, or while seated

- Move feet up and down at ankle
- Promotes blood circulation and prevents blood clots

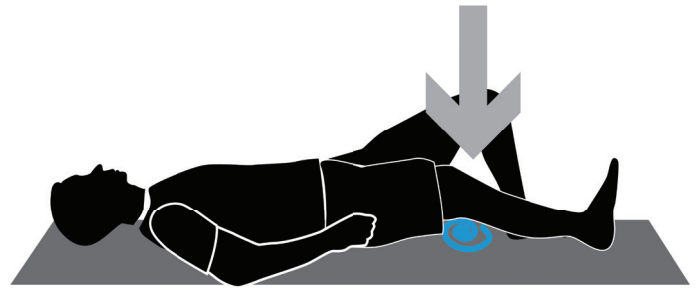


QUADRICEP SET

10 Per Hour While Awake

In bed

- Lie on back with legs straight
- Push back of knee down into the bed
- Tighten front thigh muscle
- Hold for 5 seconds, then relax muscle



GLUTEAL SET

10 Per Hour While Awake

In bed, seated or standing

- Tighten/squeeze buttock muscles together
- Hold for 5 seconds, then relax



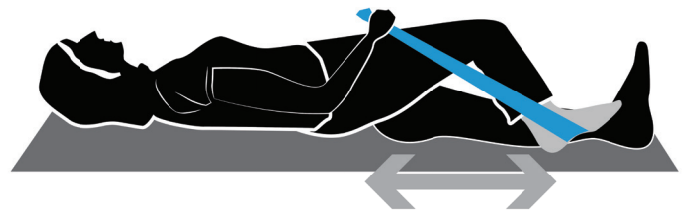
KNEE FLEXION STRETCH SEATED

OR

KNEE FLEXION STRETCH IN SUPINE

Repetitions:

Hold Time:



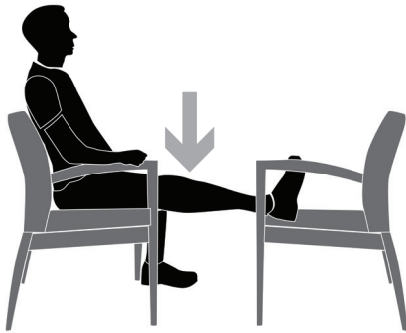
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KNEE EXTENSION STRETCH SEATED OR KNEE EXTENSION STRETCH IN SUPINE

Repetitions:

Hold Time:

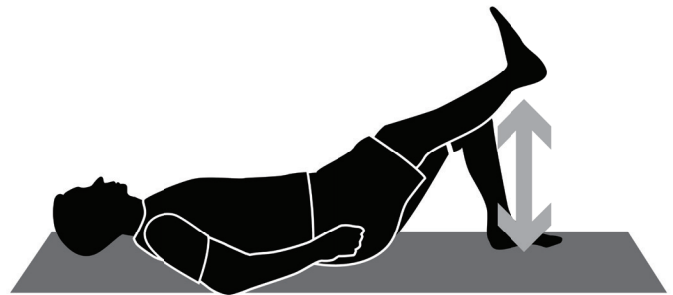


STRAIGHT LEG RAISE

Repetitions:

In bed

- Lie on back on firm surface, with operative leg extended straight out and other leg bent
- Raise and lower operative leg

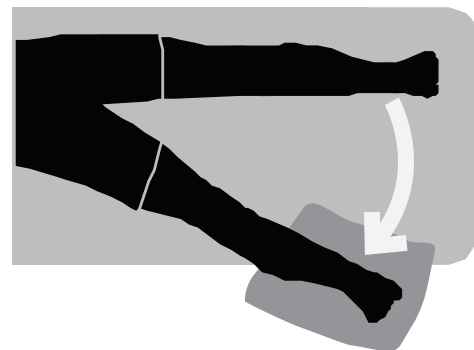


HIP ABDUCTION IN SUPINE

Repetitions:

In bed with pillow case or plastic bag under foot to reduce friction

- Lie on back on firm surface, legs together
- Move leg out to side, keeping knees straight
- Return to start position



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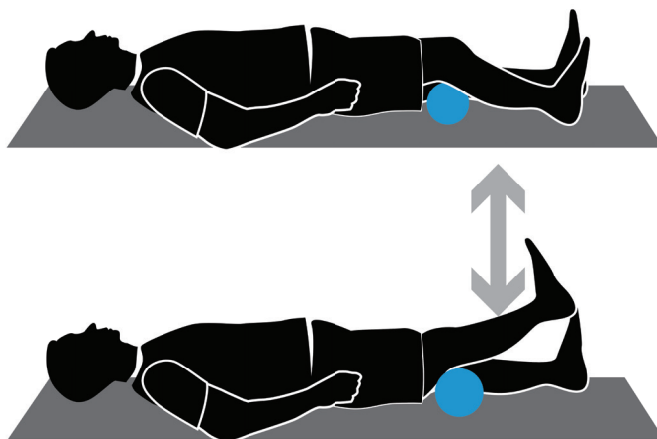
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TERMINAL KNEE EXTENSION

Repetitions:

In bed using a rolled towel under both legs

- Lie on back on firm surface, with operative leg both legs extended out over towel
- Raise and lower operative leg



KNEE EXTENSION

Repetitions:

Seated in chair

- Start with both feet flat on the floor in front of you
- Raise operative leg up and down

