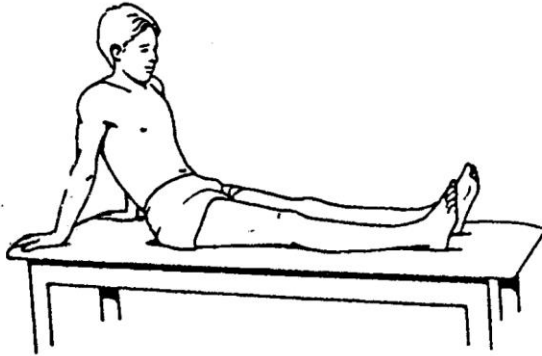


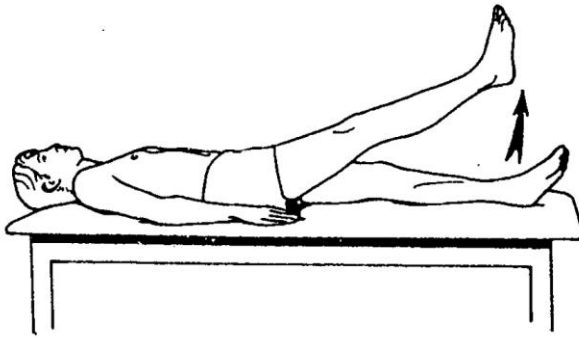
## Knee Post-Operative Exercises:

### Quad Sets:



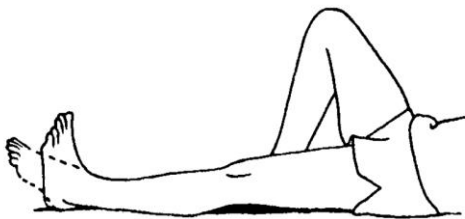
Tighten muscles on top of thigh by pushing knees down into floor or table.

### Straight Leg Raise:



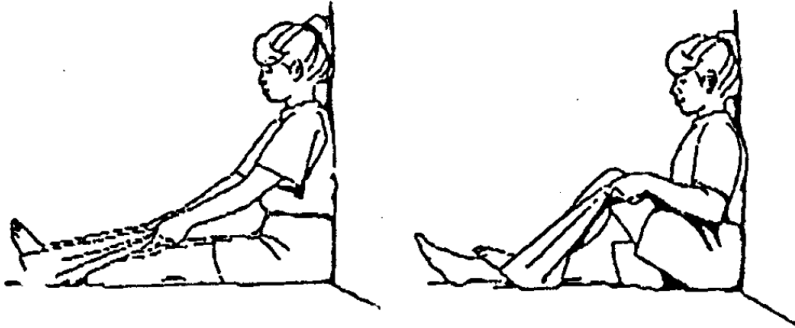
Tighten muscle on front of thigh then lift leg 8-10 inches from floor keeping knee locked.

### Foot Pumps:



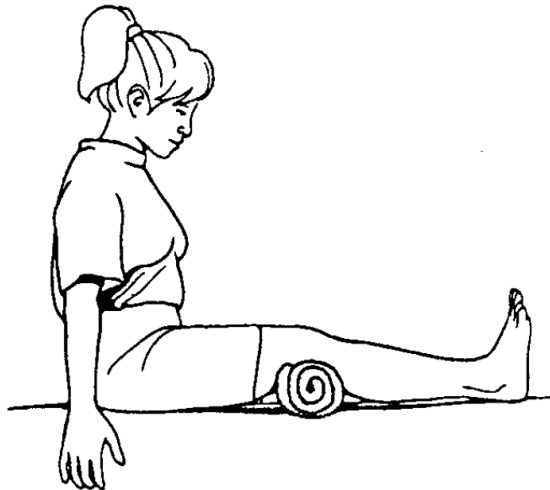
Relax leg. Gently bend and straighten ankle. Move through full range of motion. Avoid pain.

**Heel Slides:**



With towel around heel, gently pull knee upwards with towel until stretch is felt.

**Quad Sets in Slight Flexion:**



Gently tense muscle on top of thigh.