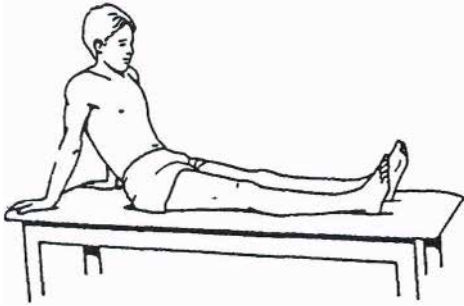


# KNEE POST OPERATIVE EXERCISES

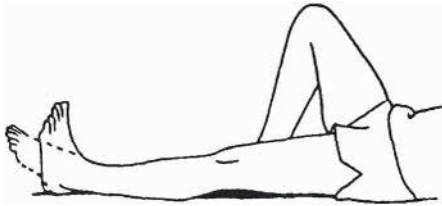
HIP and KNEE - Strengthening: Quadriceps sets



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

ANKLE/FOOT –

Range of Motion: Plantar/Dorsiflexion



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

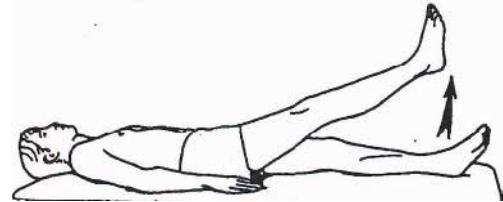
Hip and Knee

Passive Range of Motion Knee Flexion



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

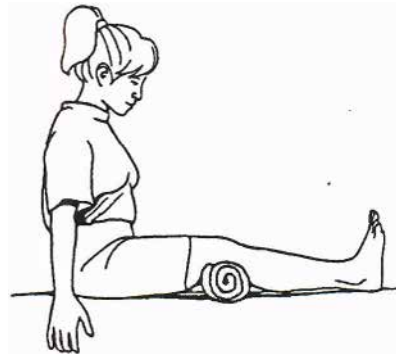
HIP and KNEE- Strengthening



Straight Leg Raise Phase 1

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

HIP and KNEE- Quad Set in Slight Flexion



Gently tense muscle on top of thigh.  
Hold 10 Seconds.

All exercises should be repeated 30 times. 2 sessions per day are recommended. It may be helpful to plan on icing for 15 minutes after the exercises.