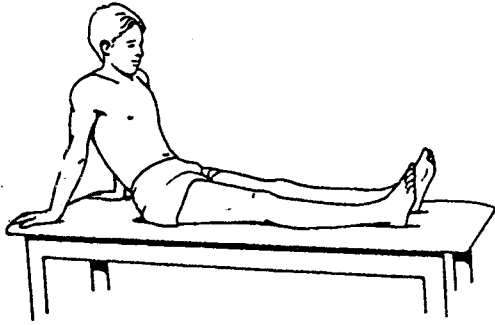


## KNEE POST OPERATIVE EXERCISES

### HIP and KNEE - 11 Strengthening: Quadriceps sets



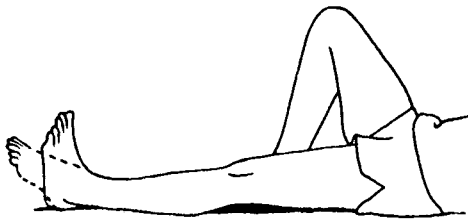
Tighten muscles on top of thigh by pushing knees down into floor or table.

Hold 10 seconds. Repeat 10 times.

Do 3 sessions per day.

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### ANKLE/FOOT - 18 Range of Motion: Plantar/Dorsiflexion



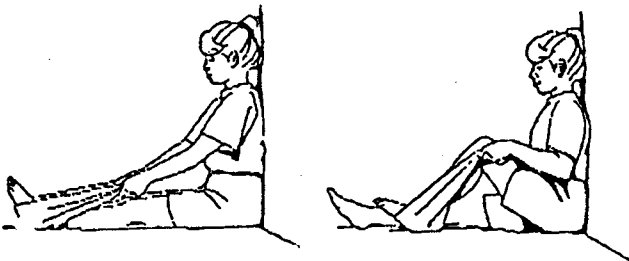
Relax leg. Gently bend and straighten ankle. Move through full range of motion. Avoid pain.

Repeat 20 repetitions/set. Do 3 sets/session.

Do 3 sessions/day.

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### HIP and KNEE - 46 Passive Range of Motion Knee Flexion



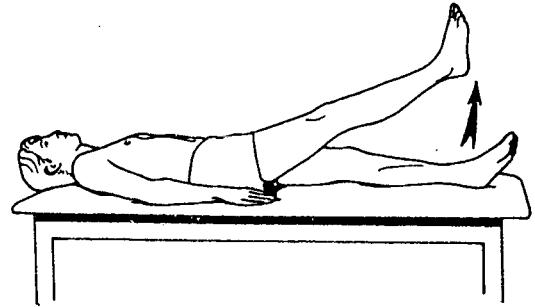
With towel around heel, gently pull knee upwards with towel until stretch is felt.

Repeat 20 Repetitions/set. Do 3 Sets/session.

Do 3 Sessions/day.

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### HIP and KNEE - 17 Strengthening Straight Leg Raise Phase I



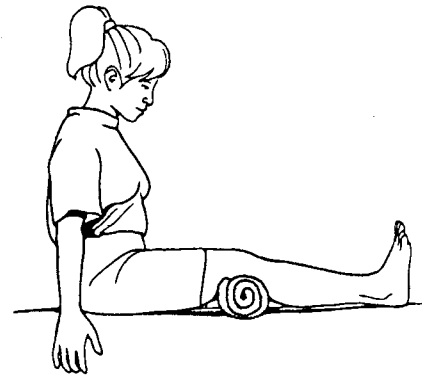
Tighten muscle on front of thigh then lift leg 8-10 inches from floor keeping knee locked.

Hold 10 seconds. Repeat 3 times.

Do 2 sessions per day.

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### HIP and KNEE - 49 Quad Set in Slight Flexion



Gently tense muscle on top of thigh.

Hold 10 Seconds. Repeat 10 Repetitions/set.

Do 3 Sets/session. Do 2 Sessions/day

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