

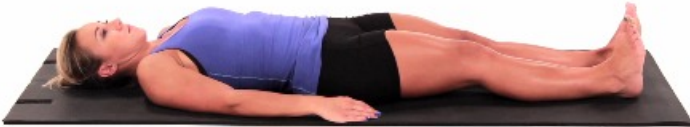
Ankle Pumps

REPS: 10-15

DAILY: 2-3

WEEKLY: 7

1



2



Bend ankles up and down, alternating feet.

Quad Sets

REPS: 10-15

HOLD: 5 SEC

DAILY: 2-3

WEEKLY: 7

1



2



Slowly tighten muscles on thigh of involved leg while pressing back of knee into bed. Hold 5 seconds.

Hamstring Sets (Heel Digs)

REPS: 10-15

HOLD: 5 SEC

DAILY: 2-3

WEEKLY: 7



With involved leg bent slightly, push heel into bed without bending knee further. Hold 5 seconds

Heel Slides

REPS: 10-15

DAILY: 2-3

WEEKLY: 7



While lying down, slide heel of involved leg along bed surface, bending hip and knee.

Short Arc Quads

REPS: 10-15

HOLD: 5 SEC

DAILY: 2-3

WEEKLY: 7



Place rolled up pillow or large can under involved knee to allow slight bend. Straighten knee by lifting heel off bed, maintaining contact with roll. Slow and controlled for a count of 5 seconds.

Straight Leg Raise

REPS: 10-15

DAILY: 2-3

WEEKLY: 7



Bend uninvolved leg. Keep involved leg as straight as possible and tighten muscles on top of thigh. Slowly lift straight leg up from bed, move slow and controlled.

Long Arc Quads

REPS: 10-15

HOLD: 5 SEC

DAILY: 2-3

WEEKLY: 7



Sit in chair or at edge of bed. Straighten involved leg and hold 5 seconds.

Seated Knee Flexion

REPS: 10-15

HOLD: 5 SEC

DAILY: 2-3

WEEKLY: 7



Sit in chair or at edge of bed. Place feet on smooth surface. Slowly slide foot back as far as possible and hold 5 seconds.

Passive Knee Extension Stretch

**HOLD: 10-15
MINUTES**

DAILY: 2-3

WEEKLY: 7



Setup

Begin sitting upright in a chair with another chair or sturdy surface in front of you OR lie on your back

Movement

Slowly place the heel of your foot of your surgical leg on the chair in front of you OR place the heel of your foot on a pillow so that your leg is as straight as possible and hold this position.

Tip

Make sure to keep your toes pointing toward the ceiling and keep your leg as relaxed as possible during the stretch.