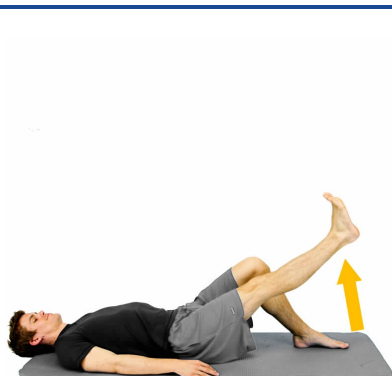


## Post-Op Knee Home Exercises

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**STRAIGHT LEG RAISE:**  
While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

**Repeat** 10 Times  
**Hold** 5 Seconds  
**Complete** 1 Set  
**Perform** 3 Times a Day



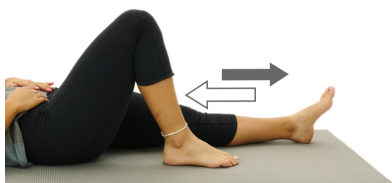
**QUAD SET:**  
Sit up straight with affected leg straight. Push your knee down in to the table/floor flexing your quad. Look for your knee cap to move towards your body as you flex and focus on using you quad to straighten your knee and not your hip to extend.

**Repeat** 10 Times  
**Hold** 5 Seconds  
**Complete** 1 Set  
**Perform** 3 Times a Day



**HEEL SLIDES:**  
Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee. Hold a gentle stretch in this position and then return to original position.

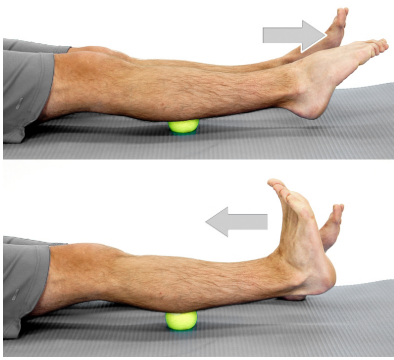
**Repeat** 10 Times  
**Hold** 5 Seconds  
**Complete** 1 Set  
**Perform** 3 Times a Day





**PATELLAR MOBILIZATION:**  
With your knee supported and slightly bent, find the borders of your knee cap, gently push side to side.

**Repeat** 10 Times  
**Hold** 2 Seconds  
**Complete** 1 Set  
**Perform** 3 Times a Day



**CALF PUMP:**  
Sit on the floor and place a small ball or padding under your calf. Next, bend your ankle up and down.

**Repeat** 10 Times  
**Hold** 2 Seconds  
**Complete** 1 Set  
**Perform** 3 Times a Day