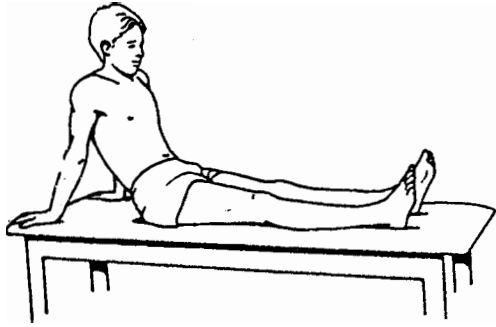


KNEE POST OPERATIVE EXERCISES

HIP and KNEE - 11 Strengthening: Quadriceps sets



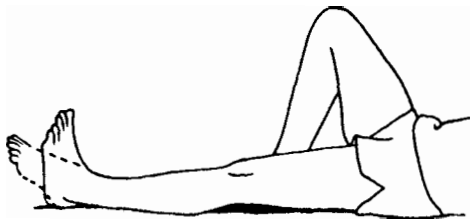
Tighten muscles on top of thigh by pushing knees down into floor or table.

Hold ___ seconds. Repeat ___ times.

Do ___ sessions per day.

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



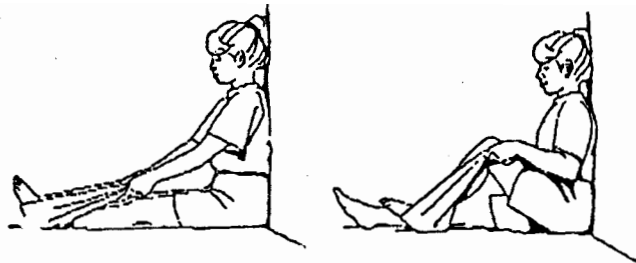
Relax leg. Gently bend and straighten ankle. Move through full range of motion. Avoid pain.

Repeat ___ repetitions/set. Do ___ sets/session.

Do ___ sessions/day.

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HIP and KNEE - 46 Passive Range of Motion
Knee Flexion



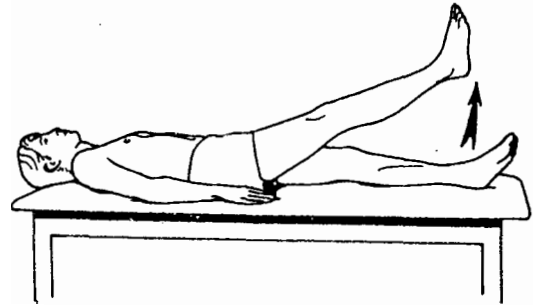
With towel around heel, gently pull knee upwards with towel until stretch is felt.

Repeat ___ Repetitions/set. Do ___ Sets/session.

Do ___ Sessions/day.

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HIP and KNEE - 17 Strengthening
Straight Leg Raise Phase I



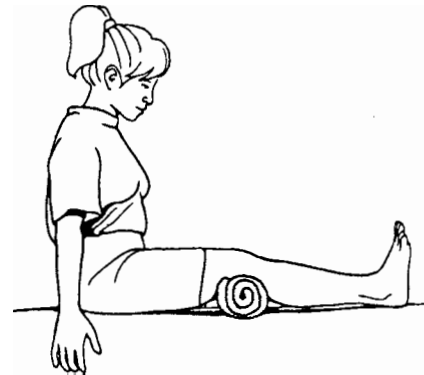
Tighten muscle on front of thigh then lift leg 8-10 inches from floor keeping knee locked.

Hold ___ seconds. Repeat ___ times.

Do ___ sessions per day.

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HIP and KNEE - 49 Quad Set in Slight Flexion



Gently tense muscle on top of thigh.

Hold ___ Seconds. Repeat ___ Repetitions/set.

Do ___ Sets/session. Do ___ Sessions/day

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