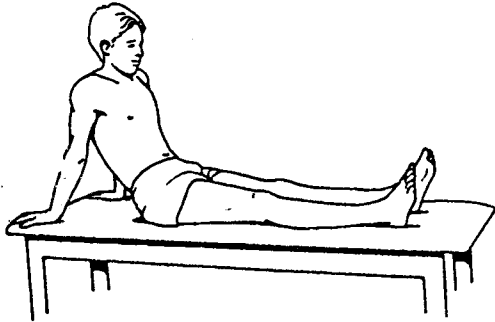


KNEE POST OPERATIVE EXERCISES

HIP and KNEE - 11 Strengthening: Quadriceps sets



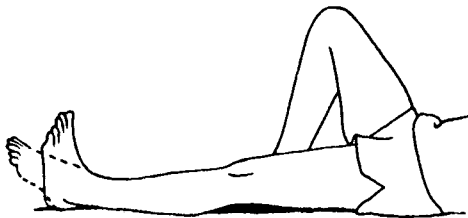
Tighten muscles on top of thigh by pushing knees down into floor or table.

Hold _____ seconds. Repeat _____ times.

Do _____ sessions per day.

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



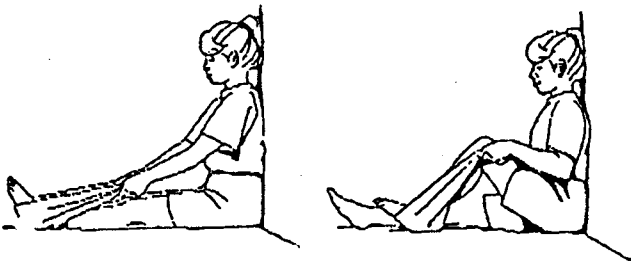
Relax leg. Gently bend and straighten ankle. Move through full range of motion. Avoid pain.

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.

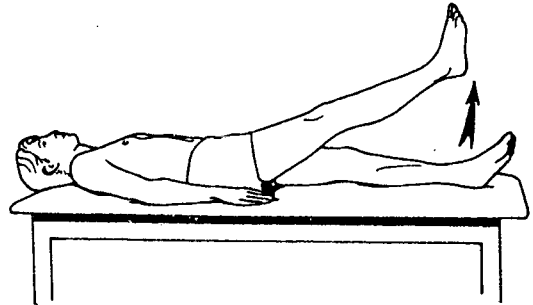
Repeat _____ Repetitions/set.

Do _____ Sets/session.

Do _____ Sessions/day.

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HIP and KNEE - 17 Strengthening
Straight Leg Raise Phase I



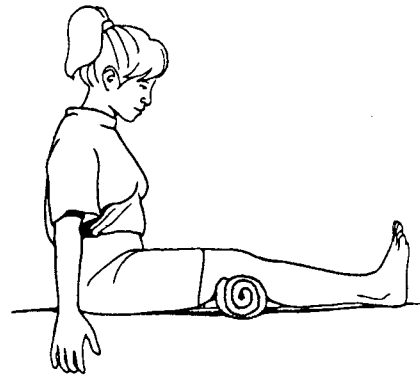
Tighten muscle on front of thigh then lift leg 8-10 inches from floor keeping knee locked.

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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