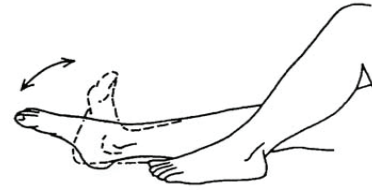


PHYSICAL THERAPY EXERCISES

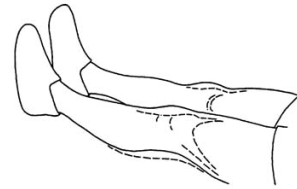
1. ANKLE PUMPING, 1 set of 30

Increase ROM and circulation by first pointing your toes downward, then up, in a slow steady motion. Do 1 set of 30.



2. QUADRICEP SETS, 3 sets of 10

This is an isometric exercise: there is no movement involved. Tighten the quadriceps muscles by pressing the back of your knee flat, tightening the knee cap (patella). Look for a visible contraction, especially on the inside of the thigh by the knee. Hold for 5 seconds. Release. Do 3 sets of 10.



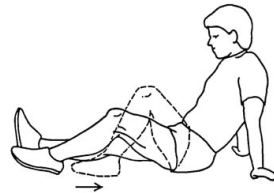
3. GLUTEAL SETS, 1 set of 10

While lying down on your back, tighten your buttock muscles. Hold tightly for 5 seconds. Do 1 set of 10.



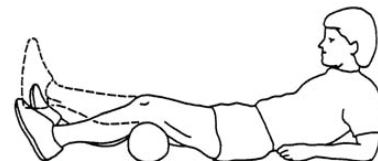
4. HEEL SLIDES, LONG SITTING, 3 sets of 10

While sitting on the floor, slide your foot back, so that your heel approaches your buttocks. As tension develops, hold for 5 seconds, and return slowly to the start position. Repeat. Advanced: You may use a sheet or bath towel wrapped around the bottom of the foot and held in both hands to assist in pulling the foot towards the buttocks. Do 3 sets of 10.



5. TERMINAL KNEE EXT, SUPINE, 3 sets of 10

Lie on your back with your towel roll under your knee. Straighten your knee (still supported by the roll) and hold 5 seconds. Slowly return to the starting position. Advanced: Add 1 or 2 pounds at the ankle before beginning this exercise. Do 3 sets of 10 reps.



PHYSICAL THERAPY EXERCISES

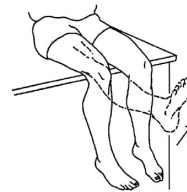
6. SLR, FLEXION, 3 sets of 10

Lie on your back, with your uninvolved knee bent. Straighten your other knee with a quad set. Now slowly lower it to the floor and relax. Advanced: Add 1 to 2 pounds of weight to your ankle before beginning this exercise. Do 3 sets of 10.



7. KNEE EXTENSION, SITTING, 3 sets of 10

Sit upright in a chair with a towel roll under your knee. Straighten your knee, and hold for 5 seconds. Slowly return to the starting position. Relax. Advanced: Add 1-2 pounds of weight to your ankle before beginning this exercise. Do 3 sets of 10.



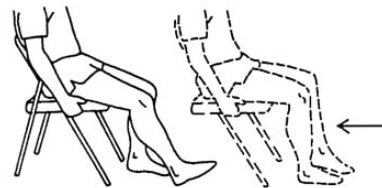
8. KNEE FLEXION, STANDING, 3 sets of 10

Use the back of a chair for balance and support. Slowly, actively bend your knee, lifting your foot from the floor. Continue as far as possible, then return to the starting position. Advanced: Place 1-2 pounds on your ankle before beginning this exercise. Do 3 sets of 10.



9. KNEE FLEXION, SITTING, 1 set of 10

While sitting in a chair, slowly slide your foot back, flexing your knee. Use your other foot to assist if necessary. As tightness increases, hold for 10 seconds, then slowly return to the starting position. Do 1 set of 10.



10. KNEE FLEXION, PRONE, 1 set of 10

Lie on your stomach, and actively bend your knee toward your buttocks. When tightness develops, hold for 10 seconds, then slowly lower to the starting position. Do 1 set of 10.

