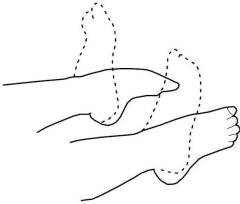


Knee Exercises

- Please do all these exercises three times a day.
- Do each exercise 10 times

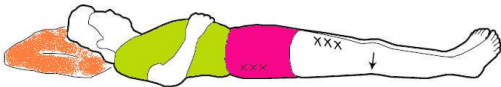
Ankle Pumping

- Move your Ankle up and down
-



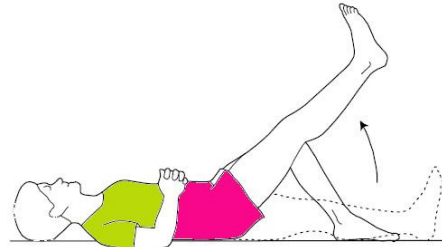
Thighs and buttocks

- Keep your leg straight.
- Tighten the muscles on your upper thigh and buttocks.
- Hold for 5 seconds.



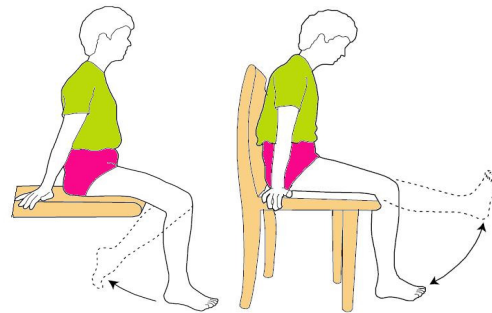
Straight leg raise

- Keep leg straight.
- Lift your leg off of the bed.
- Hold for 5 seconds, then relax.



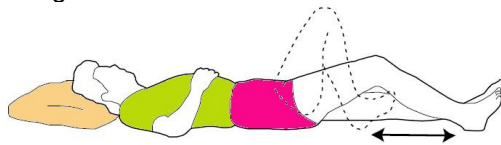
Knee extension and flexion

- When sitting, bend your knee and pull your foot under your chair, as far as you can, then
- Bring your foot forward as you straighten your knee.



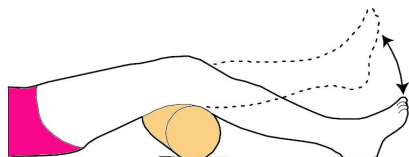
Knee flexion

- Lie on your back.
- Bend your knee then straighten it.



Quads over a roll

- Place a roll under your knee.
- Lift your foot off of the bed and straighten your knee.
- Hold for 3 seconds, then relax.



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