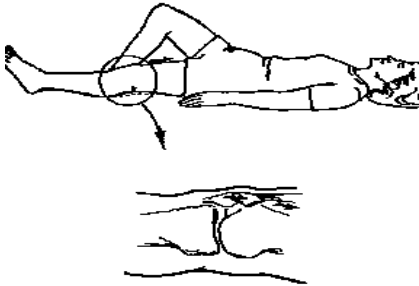


KNEE EXERCISES

These exercises can be performed *before* your surgery to keep your muscles strong and to help with pain. A therapist will review these exercises with you after your surgery while in the hospital. **They should be performed 3 times daily, each.**



** This exercise helps to strengthen your thigh muscle and straighten your knee*

1. Lie on your back with operated leg straight.
2. Tighten your thigh muscle, pushing the back of your knee down into the bed.
3. Hold 5 seconds, repeat 10 times, 3 times per day



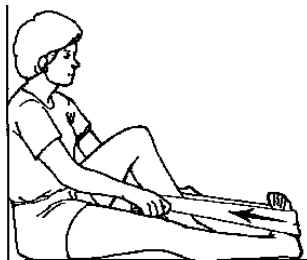
** This exercise improves range of motion of your knee*

1. Lie on your back or sit with legs straight.
2. Bend operated leg at hip and knee, sliding your heel toward buttock (you may use your strap to help)
3. Hold 5 seconds, repeat 10 times, 3 times per day



** This exercise helps strengthen your thigh muscle*

1. Lie on your back with a can or roll under knee
2. Raise your heel off the bed until your leg is straight
3. Hold 5 seconds then slowly lower; Repeat 10 times, 3 times per day.



** This exercise stretches your calf muscle*

1. Lie on your back or in sitting with leg straight out
2. Place strap around your toes and pull them up toward your hips until you feel a comfortable stretch in the back of your leg
3. Hold for 30 seconds, repeat 3 times, 3 times per day

Note: Lie down and elevate leg above heart, keeping leg straight. Place an ice or a cold pack around the operated knee after your exercises to help reduce swelling & pain

