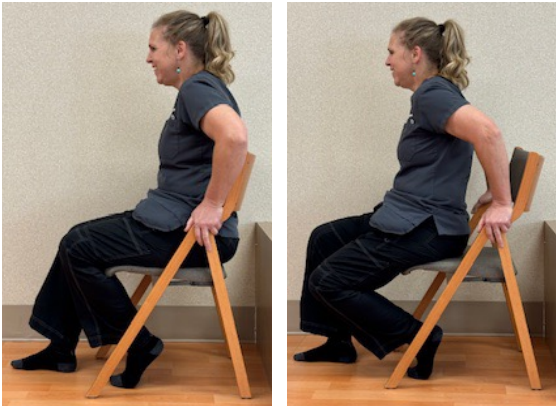


Knee Exercises – PHASE 2



Complete once daily. Work up to 2 times daily as tolerated.

Chair Slide



Sit with your back up against the chair back. Gently and slowly bend the surgical leg by sliding your foot under the chair. Once you have bent the knee as far as you can, relax the muscles in your leg and buttocks, use your hands on the chair seat to gently slide your buttocks toward the front edge of the chair. Hold this pose for a count of three then slide back and repeat 15 times.

Straight Leg Raise



Sit up straight on the edge of a chair with your surgical leg extended out placing your heel on the floor. Lift your leg straight up to the height of the chair seat, hold for a count of three then lower heel to the ground. Repeat 15 times.

Chair Hang



Sit in a chair with your heel on another chair. This allows gravity to stretch gently the back of the knee into a straight position. Keep your toes upright, do not let them drift to the side; use the arm of the chair your foot is on to assist if necessary. Hold this position for 15 minutes.

