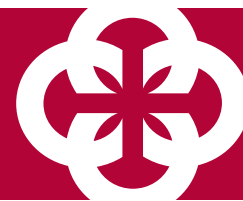


Knee Exercises – PHASE 1



Complete these exercises 3x a day 5 reps each.

Complete these exercises as directed by your team. Advance to Phase 2 as tolerated, this is typically within one week.

Heel Slides



Slide the heel of your surgical leg toward you until a gentle stretch is felt.

Ankle Pumps



Bend ankles up and down, alternating feet. This helps with circulation.

Quadriceps Set



Slowly tighten the muscle on top of your thigh (surgical leg) and count to 10, relax the muscle.



Saint Alphonsus
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