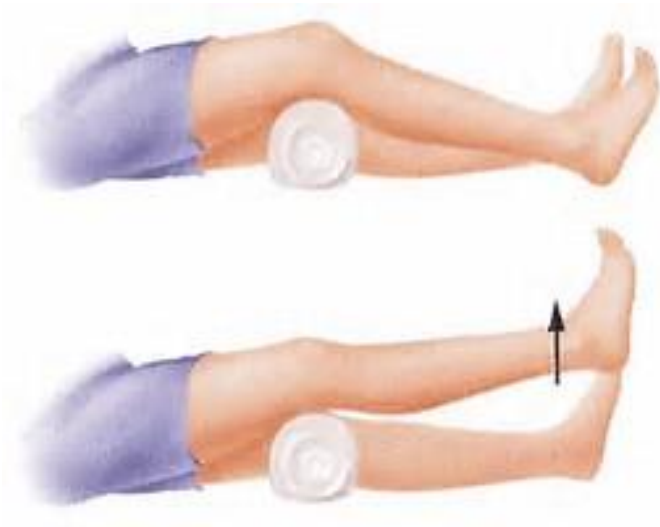




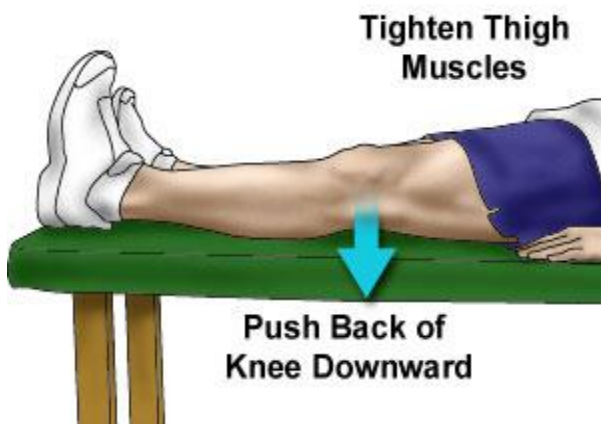
## Exercises post knee surgery

In a seated or laying down position, place a rolled towel under your surgical knee. Flex your foot (toes to your nose!), straighten your knee, flex the quad muscle (the muscle above your knee) and lift your leg.



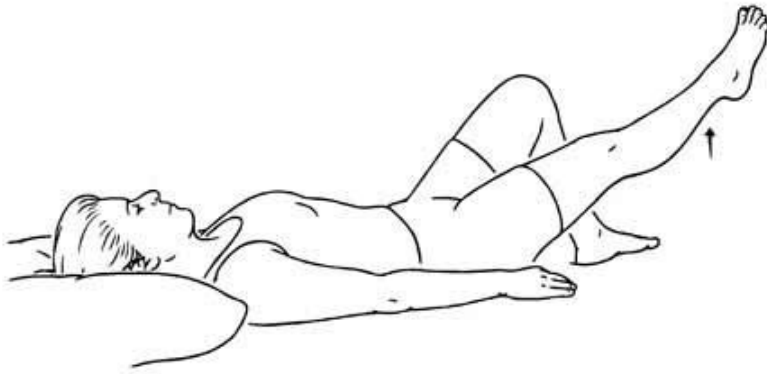
While seated or laying down, keep your knee straight, flex your foot (toes to your nose!) and push the back of the knee downward.

### Quadricep Setting

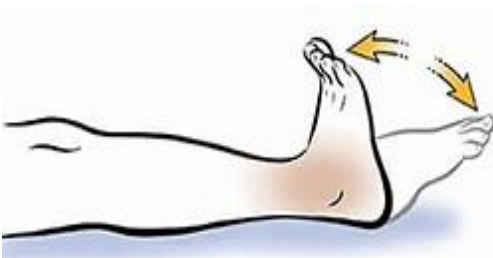




While laying down, bend your non-surgical leg. With your surgical leg, flex your foot (toes to your nose!), straighten the knee, flex the quad muscle and lift your leg to the height of your bent leg.



While seated or laying down, keeping your knee straight, flex and extend your foot.



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**Lie on your back with your legs straight. Bend one of your knees as much as possible, keeping your heel sliding on the floor. Repeat.**