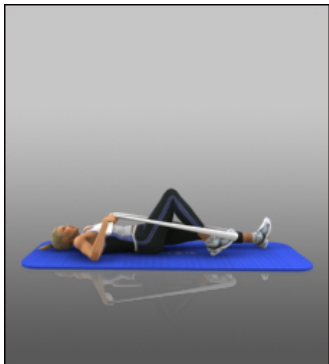




1.) Hamstring Stretch

Repeat ____ Time(s)
Hold ____ Seconds
Perform ____ Time(s) a Day

INSTRUCTIONS: Assume a single leg standing position with one leg positioned on an elevated surface facing straight forward. Hang onto something for balance and press your chest in the direction of your foot while pulling your toes up. You should feel the stretch in your hamstrings (back of thigh). To make the stretch stronger push down on your leg above the kneecap. Hold 30 (s) at end range; then slowly release the stretch.



2.) AAROM Knee Flexion with Towel

Repeat ____ Time(s)
Hold ____ Seconds
Complete ____ Set(s)
Perform ____ Time(s) a Day

INSTRUCTIONS: Assume a back-lying position with your legs straight. Loop a towel or belt around bottom of foot. Pull heel up toward your buttocks until a gentle stretch is felt in your thigh and knee. Hold briefly and then return to starting position. Perform repetitions as tolerated.



3.) AAROM Knee Flexion (Seated)

Repeat ____ Time(s)
Hold ____ Seconds
Perform ____ Time(s) a Day

INSTRUCTIONS: Assume a sitting position in a chair with involved knee bent as able under chair. Position uninvolved foot in front and push back on involved leg to increase the bend. Hold for 10 seconds or as tolerated, and gently release. Repeat 10 reps and perform at least 3 x day.



4.) Quad Sets with Towel Under Heel

Repeat ____ Time(s)

Hold ____ Seconds

Complete ____ Set(s)

Perform ____ Time(s) a Day

INSTRUCTIONS: Assume a long-sitting position with a rolled up towel under your ankle. Bend your other knee up and lean back on your hands. Pull your toes toward your nose, and extend your leg pushing the back of your knee down. Hold 6 seconds and emphasize the quality of the medial quadriceps contraction. Perform a full set on one leg and switch if desired.



5.) Straight Leg Raises (Lean on Elbows)

Repeat ____ Time(s)

Complete ____ Set(s)

Perform ____ Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume a back-lying position resting on elbows. Bend a single knee up and leave the opposing leg to be exercised straight. Contract your quadriceps, pull your toes to your nose, and slightly externally rotate this leg outward. Raise this leg a comfortable distance toward the ceiling and slowly lower. Perform a complete set on one side and then switch.



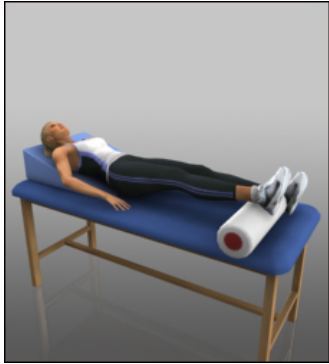
6.) Partial Wall Slide

Repeat ____ Time(s)

Complete ____ Set(s)

Perform ____ Time(s) a Day

INSTRUCTIONS: Assume a standing position with your feet slightly wider than shoulder width apart. Lean back against a wall and ensure your toes are positioned in front of your knees. If you are unsure about weight bearing through the surgical leg you can put your crutch in front of you to help as well. Keeping your trunk straight, lower down until your knees bend 45 degrees; pause 3 - 5 seconds and return to start position. Perform 30 repetitions. This is a great safe exercise to start weight bearing more through your leg and work towards weaning off your assistive device.



7.) Heel Hangs

Repeat ____ Time(s)

Hold ____ Seconds

Perform ____ Time(s) a Day

INSTRUCTIONS: Assume a long-sitting position on a flat surface; position a rolled up towel under your ankle and a cuff weight across your knee. Allow your knee to straighten and stretch statically at end range as tolerated or as instructed by a health care professional. A heavier cuff weight will increase this stretch intensity however be conscious not to hold the position too long and overstretch.