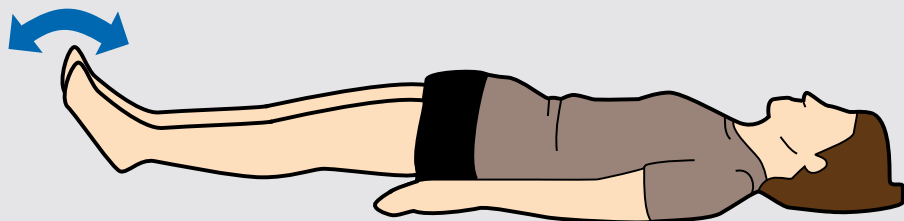
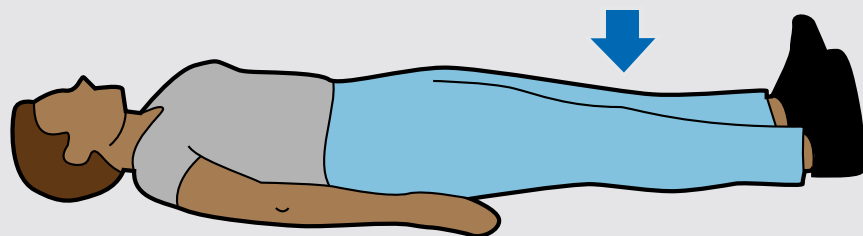


- 1 Lie on your back or sit up in a chair.
- 2 Point your toes up then down as far as possible.



- 3 Repeat **20** times, many times per day.

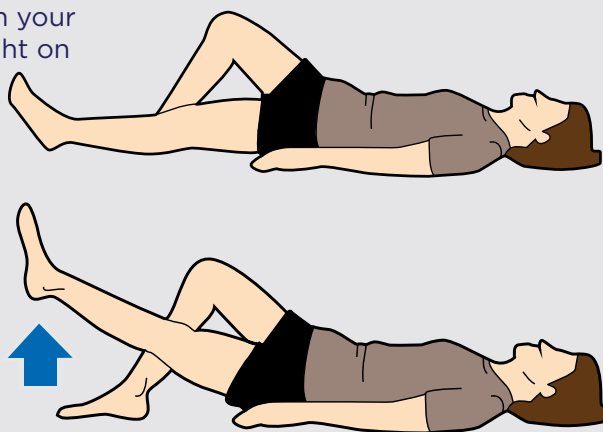
- 1 Lie on your back with your operative knee side straight.



- 2 Press the back of your knee downward towards the bed. This will tighten the muscle on top of your thigh.
- 3 Hold for 5 seconds.
- 4 Repeat **10** times, **3** times per day.

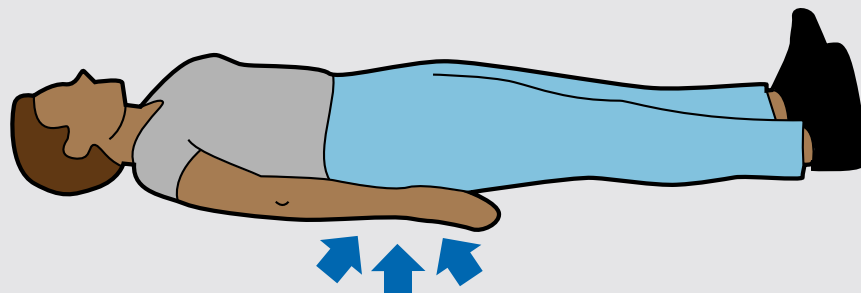
- 1 Lie on your back with your operative knee straight on the bed and your non-operative knee bent.

- 2 Keep the leg completely straight, then raise it about 8-12 inches.



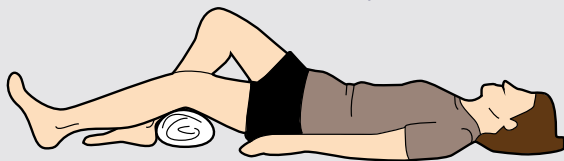
- 3 Hold for **1-2** seconds and slowly lower.
- 4 Repeat **10** times, **3** times per day.

- 1 Lie on your back with both your knees straight.
- 2 Tighten your buttocks muscles firmly together.

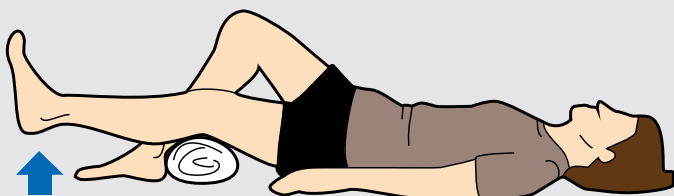


- 3 Hold for 5 seconds.
- 4 Repeat **10** times, **3** times per day.

- 1 Lie on your back with a firm cushion, towel or pillow under the operative knee.



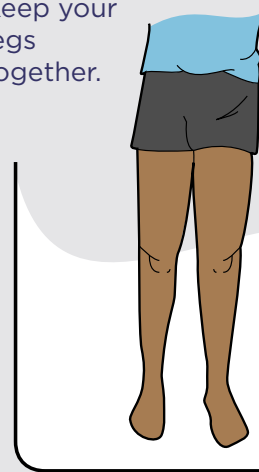
- 2 Raise your heel off of the surface until your knee is straight.



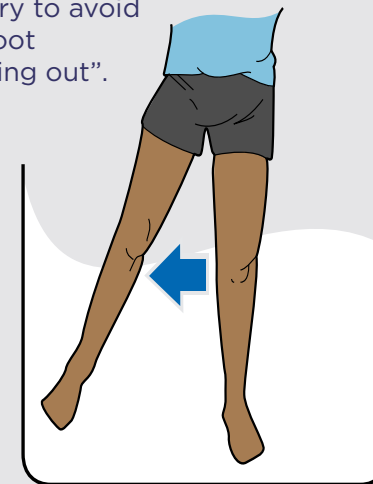
- 3 Hold for 3 seconds and slowly lower.

- 4 Repeat 10 times, 3 times per day.

- 1 Lie on your **back** on the bed with your legs **straight**. Keep your legs together.



- 2 While still on your back, slide your operative knee's leg out to the side. Let your heel guide the movement and try to avoid the foot "turning out".

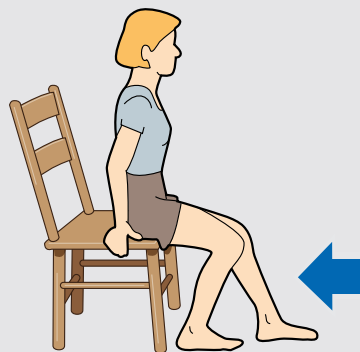


- 3 Return your leg to starting position.

- 4 Repeat 10 times, 3 times per day.

- 1 Sit in a chair or at the edge of your bed.

- 2 Slide your foot backward until you feel a stretch.

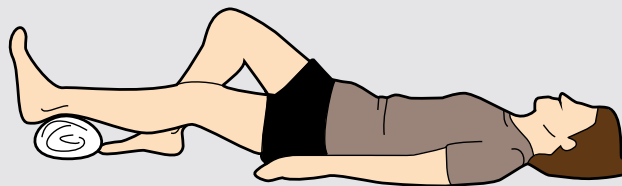


- 3 Hold for 5-10 seconds.

- 4 Repeat 10 times, 4-5 times per day.

- 1 Lie on your back with a firm cushion, towel or pillow under the ankle of your operative knee.

- 2 Relax, letting the leg straighten.



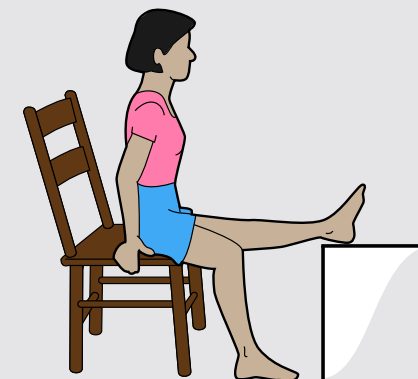
- 3 Hold for 1-2 minutes. Work up to 5 minutes as you tolerate.

- 4 Repeat 2-3 times, 4-5 times per day.

OR

- 1 While seated, prop your foot up on another chair.

- 2 Allow gravity to stretch your knee towards a more straightened position.



- 3 Hold for 1-2 minutes. Work up to 5 minutes as you tolerate.

- 4 Repeat 2-3 times, 4-5 times per day.

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