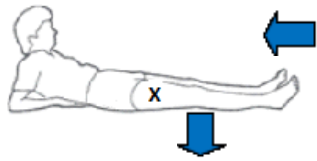


Knee Exercise Program

Do these exercises 3 times daily, repeating each exercise 10-15 times



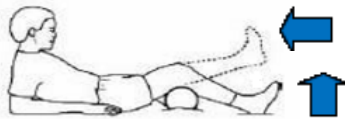
1. Knee

- Lie on your back with your leg straight
- Push your knee into the bed
- Squeeze/contract your thigh muscles
- Pull toes towards your nose
- Hold this position for 5 seconds



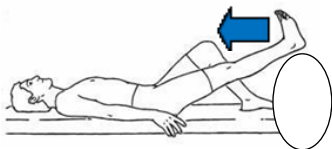
2. Knee and hip

- Lie on your back with your leg straight
- Push knee into bed
- Pull toes towards your nose
- Lift leg with knee straight 6-8 inches from bed
- Hold this position for 5 seconds



3. Knee

- Lie on your back or sitting in bed
- Place a roll under your knee
- Lift foot off bed to straighten your knee
- Pull toes towards your nose
- Keep your knee on the roll, hold 5 seconds



4. Knee

- Lie on your back, place a roll under your ankle
- Pull toes towards your nose
- Feel a stretch at the back of your knee
- Hold this position for 5 seconds
- Do not forcefully push your knee down



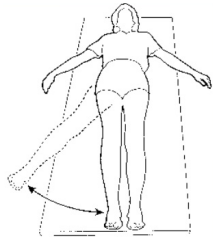
5A. Knee and hip

- Lie on your **non-operated** side
- Bend your non-operated knee
- Keep operated knee straight
- Pull toes towards your nose
- Lift **operated** leg 6-8 inches
- Hold this position for 5 seconds



6A. Knee and hip

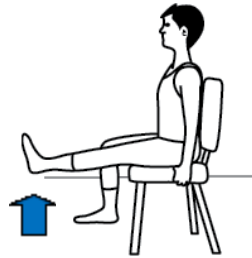
- Lie on your **operated** side
- Place your non-operated knee on roll in front
- Keep operated knee straight
- Pull toes towards your nose
- Lift **operated** leg up inwards
- Hold this position for 5 seconds



5B-6B. Knee and hip (other option)

- Lie on your back
- Slide your **operated** leg to the side
- Hold the position for 5 seconds
- Slide back to neutral position

****Keep your toes towards the ceiling during this exercise**



7. Knee

- Sitting on a secure chair
- Keep thigh on chair
- Lift foot to straighten knee
- Pull toes towards your nose
- Hold this position for 5 seconds



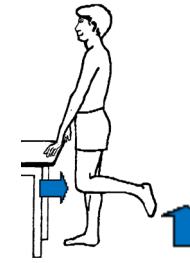
8. Knee

- Sitting in a secure chair
- Scoot buttocks forward on your seat
- Keep your thigh on chair
- Slide your foot straight back to GENTLY stretch
- Hold this position for 5 seconds



9. Ankles

- Standing – supported by a wall, a table, etc.
- Stand on your heels
- Hold 5 seconds. Repeat 10-20 times
- Stand on your toes
- Hold 5 seconds. Repeat 10-20 times



10. Knee

- Standing – supported by a wall, a table, etc.
- Keep your knees together
- Lift your heel toward your buttock
- Keep your knee back
- Hold this position for 5 seconds
- Hold this position for 5 seconds

A few tips:

- Maintain a good posture during all movements and exercises
- Pump your ankles up and down often (every hour); no circles
- Take the time to properly do your exercises and to breathe
- Sleep with a pillow under your leg lengthwise only (if needed)
- Apply ice for 10-15 minutes if you have pain or swelling
- Use your walker until your physiotherapist indicates otherwise
- Change position every hour
- You can exercise both legs, to ensure to stay active and strong during your recovery

