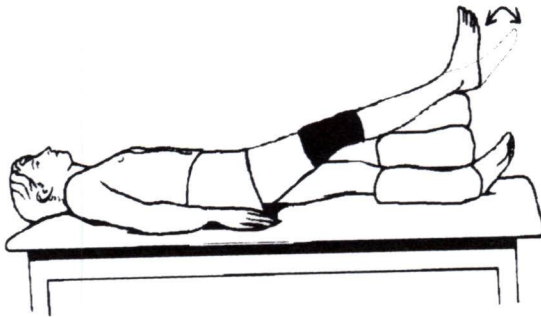




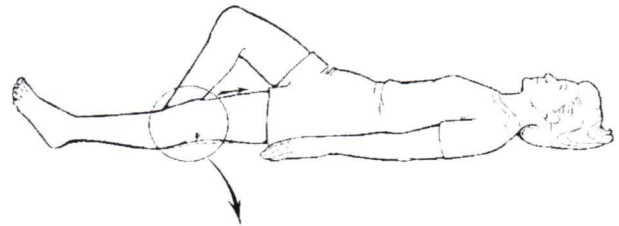
Begin these exercises today.

All of these exercises are extremely important to perform. They may make your knee feel sore while performing them; however, it will make your knee feel better after you do them.



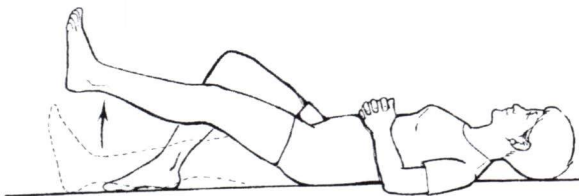
ELEVATED ANKLE PUMPS

With involved leg elevated so the foot is above your heart, move your foot up and down. Perform whenever resting - at least 10 per hour.



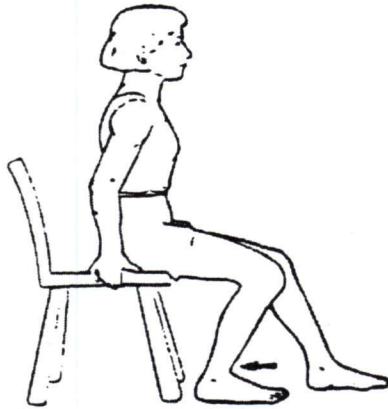
QUAD SETS

Tighten the muscle on the top of your thigh to push the back of your knee into the table. Hold 5 seconds. Do these every hour. Begin with 10 repetitions and advance to 30.



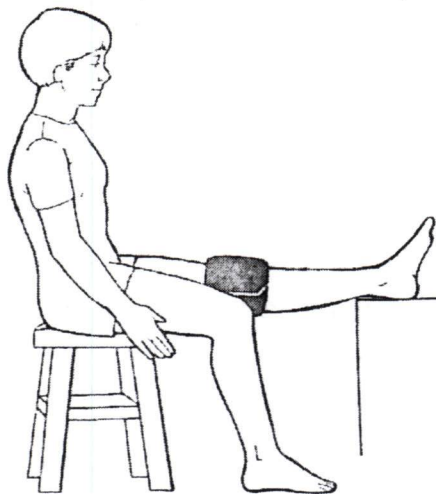
STRAIGHT LEG RAISE

Perform a quad set (as previously described). Keeping the knee straight, lift the leg off the table. Maintain a straight knee as you lift and as you lower your leg. Perform 10-30 repetitions, 3 times a day.



HEEL SLIDES

Slide your heel under the chair, making your knee bend. Bend as far as is comfortably tolerable. Do not force the movement. Perform 10-30 repetitions, 3 times a day.



GRAVITY ASSISTED KNEE EXTENSION

When not exercising, sit with something under your ankle to keep your knee straight.

► **ICE YOUR KNEE 10-15 MINUTES SEVERAL TIMES PER DAY.**