

Basic Knee Exercises

Quadriceps Sets

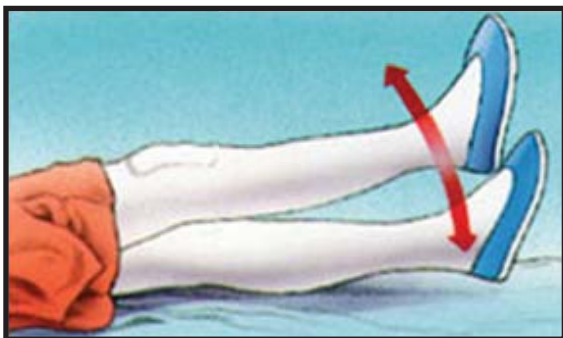
Tighten your thigh muscle. Try to straighten your knee.

Number of sets:

Number of repetitions:

Holding time:

Straight Leg Raises



Tighten the thigh muscle with your knee fully straightened on the bed, as with the Quadriceps set. Lift your leg several inches.

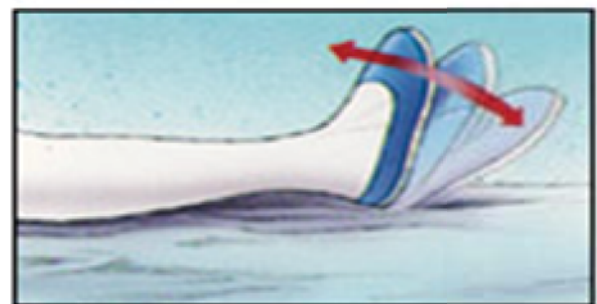
Number of sets:

Number of repetitions:

Holding time:

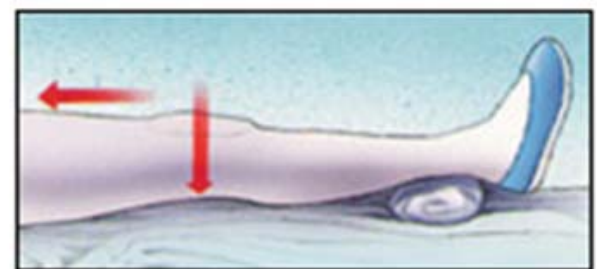
You also can perform this exercise while sitting. Fully tighten your thigh muscle and hold your knee fully straightened with your leg unsupported. Repeat as above.

Ankle Pumps



Move your foot up and down rhythmically by contracting the calf and shin muscles. Perform this exercise periodically for two to three minutes every hour until advised to cease.

Knee Straightening Exercises



Place a small rolled towel just above your heel so that it is not touching the bed. Tighten your thigh. Try to fully straighten your knee and to touch the back of your knee to the bed.

Number of sets:

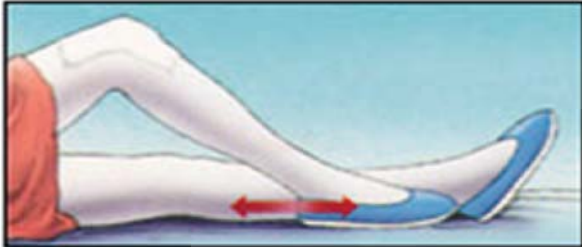
Number of repetitions:

Holding time:

Patient Information Sheet

Basic Knee Exercises

Bed-Supported Knee Bends



Bend your knee as much as possible while sliding your foot on the bed.

Number of sets:

Number of repetitions:

Holding time:

Sitting Supported Knee Bends



While sitting at bedside or in a chair with your thigh supported, place your foot behind the heel of your operated knee for support. Slowly bend your knee as far as you can. Hold your knee in this position for several seconds. Repeat several times until your leg feels fatigued or until you can completely bend your knee.