

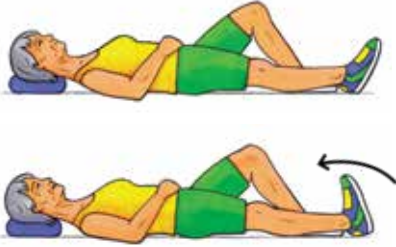
Exercises for Knees

Physical Therapy Exercises

After your surgery, it will be important to perform the following knee exercises as specified by your surgeon or Highland physical therapist. It will be normal to experience some pain or discomfort

while performing these exercises. Consider taking pain medication before doing your exercises and apply ice to your joint to help control your pain.

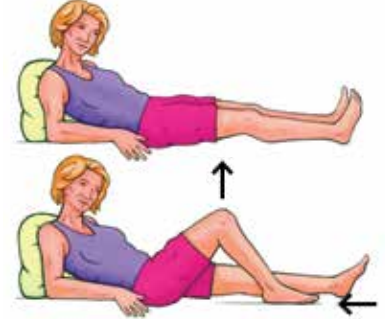
Ankle Pumps: Bend ankles to move feet up and down, alternating feet.



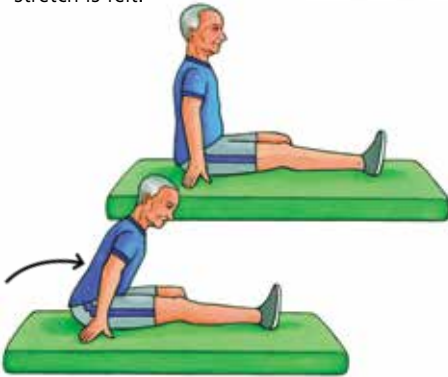
Quad Sets: Tighten muscles in front of thigh by pushing the back of your knee down into the bed. Hold for a count of 5 and then relax.



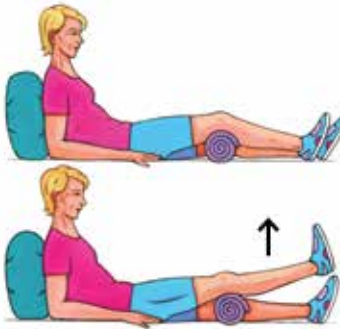
Heel Slides: Lying with outstretched legs, slowly bend the knee by sliding your foot toward you. Slide back to starting position.



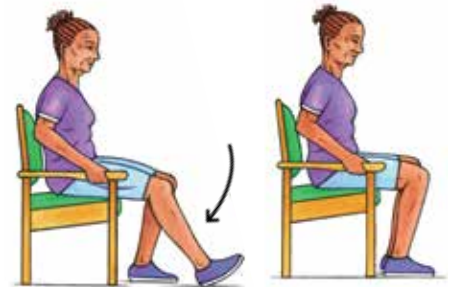
Hamstring Stretch: Sit on couch or bed with one leg out straight. Lean forward towards your foot with a straight back until stretch is felt.



Short Arc Quads: Place a rolled towel under your knee. Raise foot to straighten your knee, slowly lower foot.



Heel Digs: Sit in a chair and dig your heel into the floor towards yourself.



Seated Knee Extensions: Sit on chair or bed. Straighten knee as far as you can, then slowly bend knee as far as it will go.



Standing Knee Flexion: Stand, holding on to a steady surface (like a dresser or countertop). Bend your knee as far as you can, then lower slowly.

