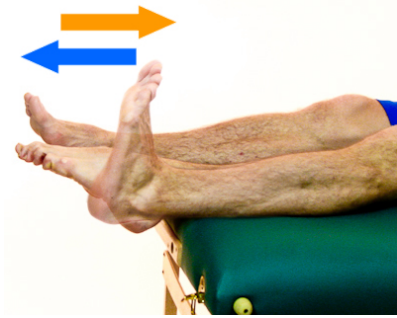


Home Exercise Program



ANKLE PUMPS

Bend your foot up and down at your ankle joint

Note: Keep on doing Ankle Pumps throughout the day, as it is most important exercise for leg blood circulation, prevents blood clotting and swelling

Repeat 30 Times
Complete 2 Sets



QUAD SET - TOWEL UNDER KNEE -ISOMETRIC QUADS

Place a small towel roll under your knee, tighten your top thigh muscle to press the back of your knee downward while pressing on the towel.
VIDEO #VVQ28PB2N

Repeat 20 Times **Complete** 3 Sets
Hold 1 Second **Perform** 1 Times a Day



STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.
VIDEO# VVBVU5P69

Repeat 20 Times
Complete 3 Sets



ECCENTRIC LONG ARC QUAD

In a seated position on a stable high surface, use the uninvolved leg to push the involved Knee up to an extended position. Slowly bring the leg down to flexed position.

Repeat 20 Times
Complete 3 Sets



HEEL SLIDES

Slide your heel back and the bend the knee as much as possible



Repeat 20 Times
Complete 3 Sets



STAIR NEGOTIATION

*Remember Up with the good/Down with the bad.

- Grab Handrails (if present)
- Step up with non-surgical leg
- Step up surgical leg to the same level
- To descend, step down with surgical side
- Step down with non-surgical side to same level
- Therapy will assist in progressing to normal stair negotiation