

Knee Surgery Exercises

Quadriceps Sets

Tighten muscles on top of thigh by pushing knee down into floor or table. Hold 5 seconds. Repeat 15-20 times. Do 3 sessions per day.

Hamstring Sets

With foot turned inward, tighten muscles on back of thigh by pulling heel down into floor or table. Hold 5 seconds. Repeat 15-20 times. Do 3 sessions per day.

Gluteal Sets

Tighten buttocks as if squeezing together. Hold 5 seconds. Repeat 15-20 times. Do 3 sessions per day.

Seated Hamstring Stretch

Tuck foot near groin with opposite leg straight. Reach down until a stretch is felt in back of thigh. Hold 5 seconds. Repeat 15-20 times. Do 3 sessions per day.

Straight Leg Raise

Rest on forearms, tighten muscle on front of thigh, then lift leg 8-10 inches from surface, keeping knee locked. Hold 5 seconds. Repeat 15-20 times. Do 3 sessions per day.

Ankle Pumps

Relax leg. Gently bend and straighten ankle. Move through full range of motion. Avoid pain. Repeat periodically throughout day to promote circulation.