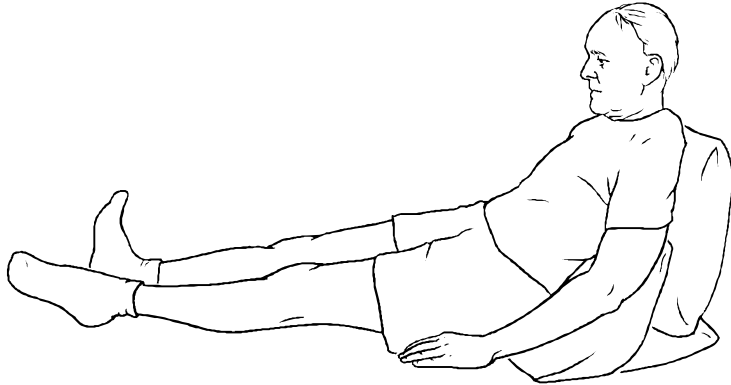
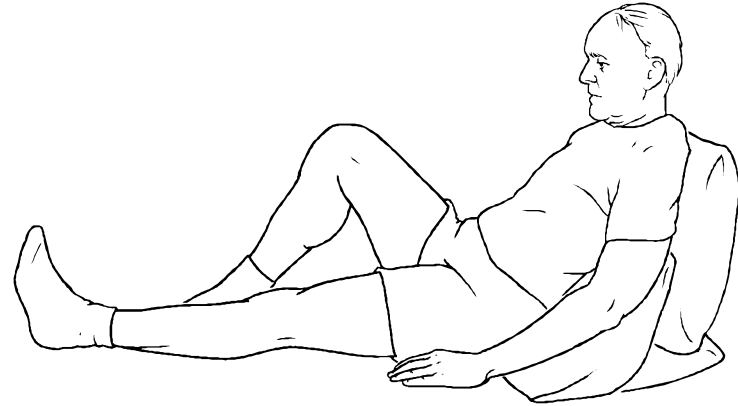


TOTAL KNEE - 1 Ankle Pump



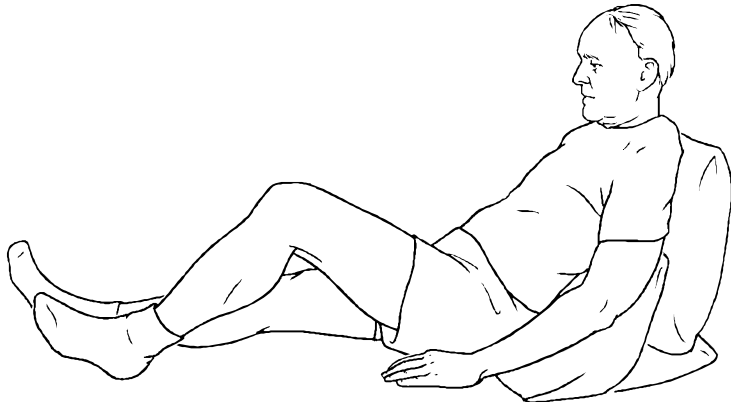
Bend ankles up and down, alternating feet.  
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

TOTAL KNEE - 2 Quad Sets



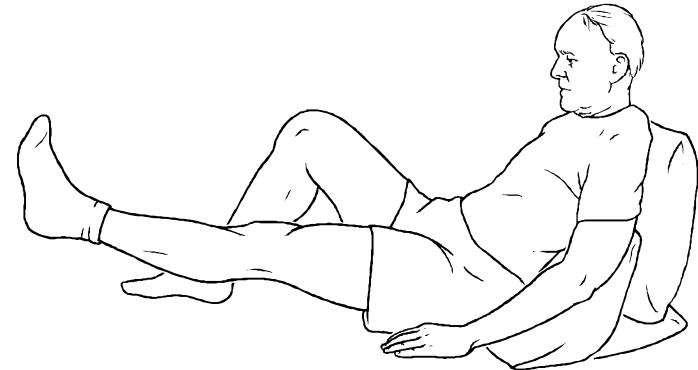
Slowly tighten thigh muscles of straight, left leg while counting out loud to \_\_\_\_\_. Relax.  
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

TOTAL KNEE - 3 Hamstring Set



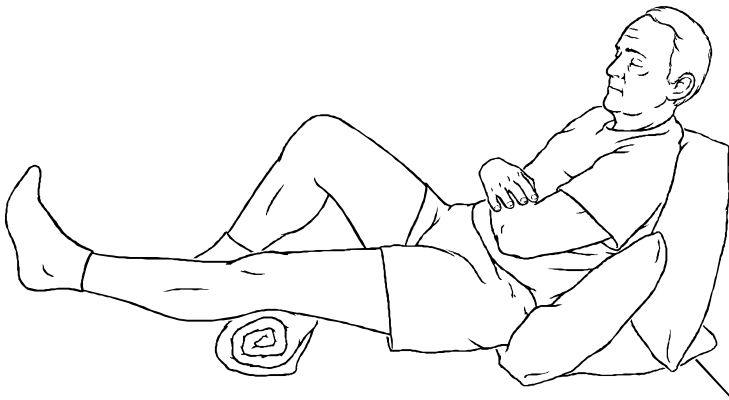
With one leg bent slightly, push heel into bed without bending knee further. Hold \_\_\_\_\_ seconds. Alternate legs.  
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

TOTAL KNEE - 4 Straight Leg Raise



Bend right leg. Keep other leg as straight as possible and tighten muscles on top of thigh. Slowly lift straight leg \_\_\_\_\_ inches from bed and hold \_\_\_\_\_ seconds. Lower it, keeping muscles tight \_\_\_\_\_ seconds. Relax.  
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

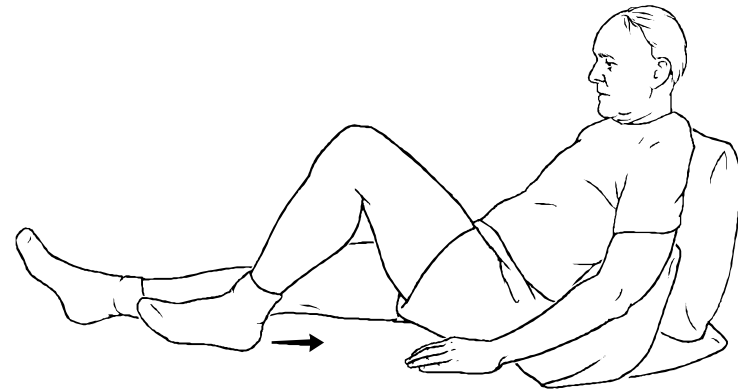
TOTAL KNEE - 5 Short Arc Quad



Place a large can or rolled towel under left leg. Straighten leg. Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

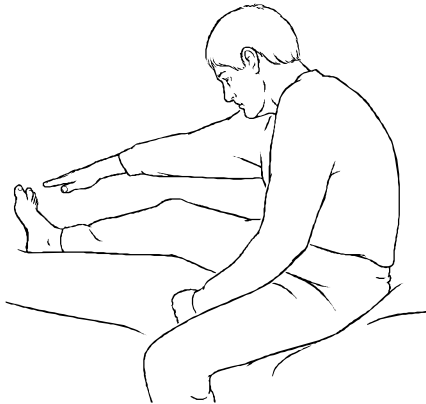
TOTAL KNEE - 6 Heel Slide



Bend left knee and pull heel toward buttocks.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

TOTAL KNEE - 7 Hamstring Stretch



Sitting with operated leg straight on bed, and foot of other leg on floor, lean forward toward toes of straight leg.

Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

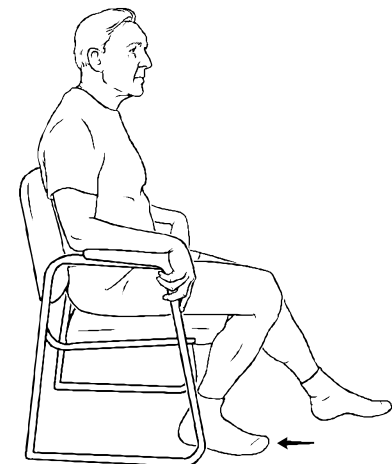
TOTAL KNEE - 8 Chair Knee Flexion

Keeping feet on floor, slide foot of operated leg back, bending knee.

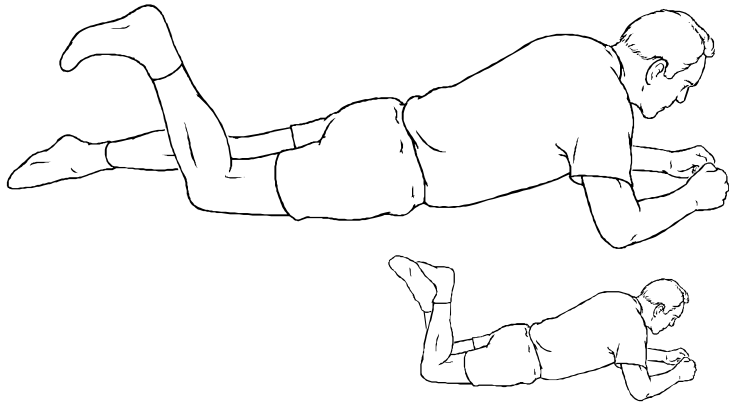
Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions a day.

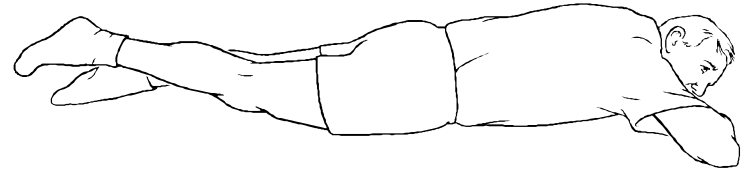


TOTAL KNEE - 9 Prone Knee Flexion



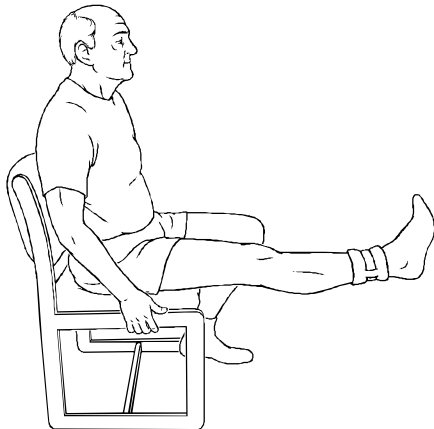
Bend right knee, bringing heel toward buttocks.  
Hold \_\_\_\_\_ seconds, then straighten.  
Can use the non-operated leg to push the operated leg.  
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

TOTAL KNEE - 10 Prone Hip and Knee Extension



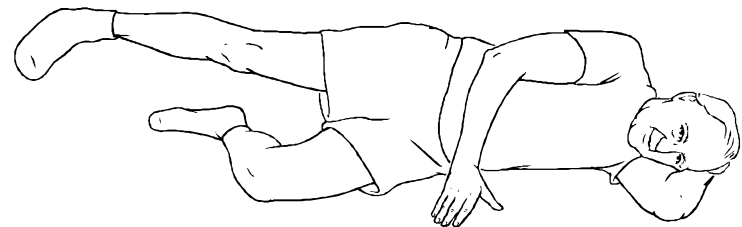
Try to lift operated leg, keeping knee as straight as possible.  
Do not lift or turn hips. Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

TOTAL KNEE - 11 Long Arc Quad



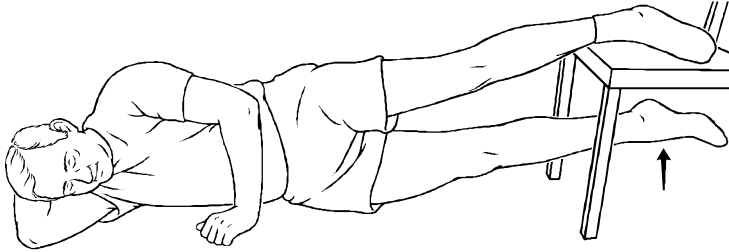
Straighten operated leg and try to hold it \_\_\_\_\_ seconds.  
Use \_\_\_\_\_ lbs on ankle.  
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions a day.

TOTAL KNEE - 12 Side Leg Lift



With operated leg on top and bottom leg bent, lift the top leg up toward ceiling. Keep knee pointing straight ahead and leg in line with body. Slowly lower. Use \_\_\_\_\_ lbs on ankle.  
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

TOTAL KNEE - 13 Side-Lying Adduction

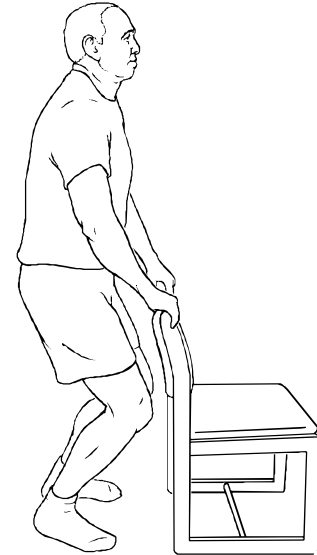


Lie on side with operated leg on floor, other leg on table or chair. Lift operated leg toward top leg. Keep legs in a straight line with body. Slowly lower and repeat. Use \_\_\_\_\_ lbs on ankle.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

TOTAL KNEE - 14 Partial Knee Bend

Holding on to stable object, slightly bend knees and slowly straighten.



Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

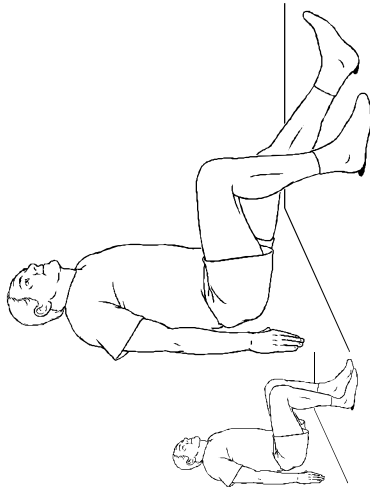
TOTAL KNEE - 15 Wall Slide

With both feet against wall and buttocks \_\_\_\_\_ inches from wall, slowly "walk" down wall, bending knees as far as possible.

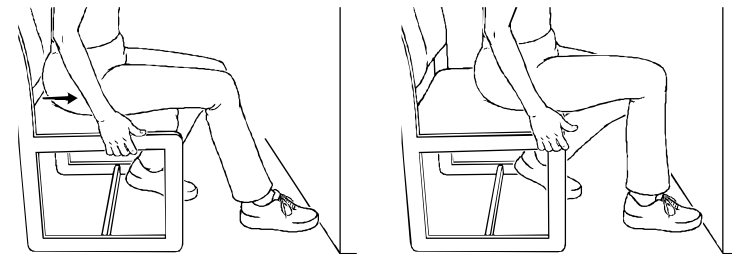
You may give operated leg a gentle push with other leg on top.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



TOTAL KNEE - 16 Wall Push



Sit in chair with right toe against wall. Scoot to edge of chair. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

TOTAL KNEE - 17 Range of Motion



Place right foot on smooth surface. Slowly slide foot back as far as possible. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

TOTAL KNEE - 18 Tricky Toe-Tap

Sitting with left knee bent as far as possible, tap toes \_\_\_\_\_ times.

Now, try to bend it a bit further and tap toes \_\_\_\_\_ times.

The goal is to bend knee to 90°.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

