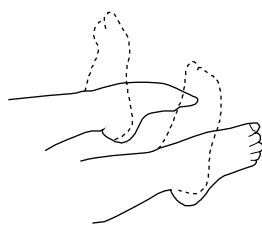
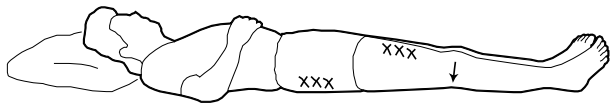
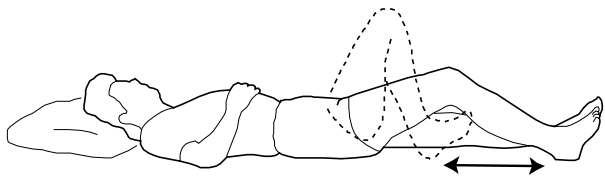


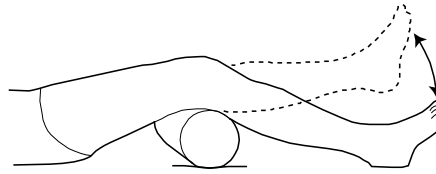
## Knee exercises

- Please do all of these exercises 3 times a day.
- Do each exercise 10 times.

<p><b>Ankle pumping</b></p> <ul style="list-style-type: none"> <li>• Move your ankles up and down.</li> </ul>	 <p>A line drawing showing a person's lower leg and foot. Dashed lines indicate the upward and downward movement of the foot, representing the ankle pumping exercise.</p>
<p><b>Thighs and buttocks</b></p> <ul style="list-style-type: none"> <li>• Keep your leg straight.</li> <li>• Tighten the muscles on your upper thigh and buttocks.</li> <li>• Hold for 5 seconds.</li> </ul>	 <p>A line drawing of a person lying on their back with one leg extended straight. Two 'xxx' marks are placed on the upper thigh and the buttock, with a downward arrow pointing to the buttock, indicating the muscle groups to be tightened.</p>
<p><b>Knee flexion</b></p> <ul style="list-style-type: none"> <li>• Lie on your back.</li> <li>• Bend your knee then straighten it.</li> </ul>	 <p>A line drawing of a person lying on their back with one leg bent at the knee. Dashed lines show the path of the knee as it moves from a bent position to a straight position. A double-headed arrow at the bottom indicates the range of motion for the leg.</p>

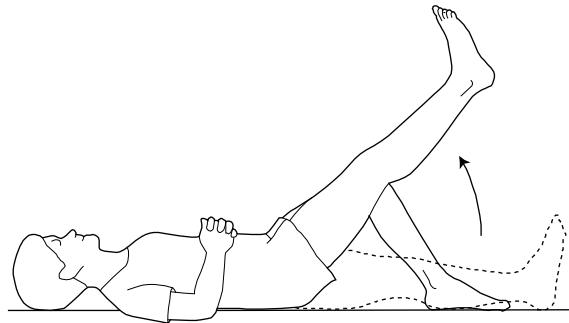
### Quads over a roll

- Place a roll under your knee.
- Lift your foot off of the bed and straighten your knee.
- Hold for 3 seconds, then relax.



### Straight leg raise

- Keep leg straight.
- Lift your leg off of the bed.
- Hold for 5 seconds, then relax.



### Knee extension and flexion

- When sitting, bend your knee and pull your foot under your chair, as far as you can, then
- Bring your foot forward as you straighten your knee.

