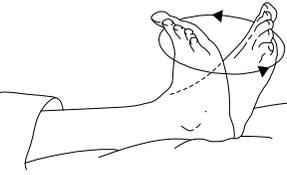
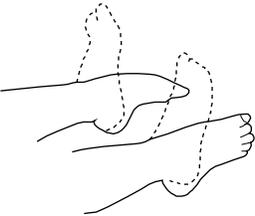
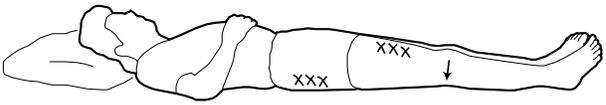
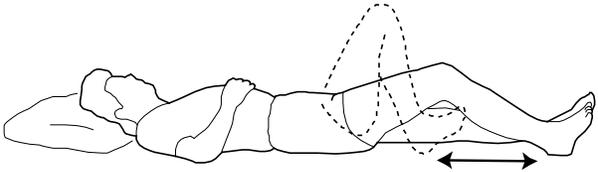


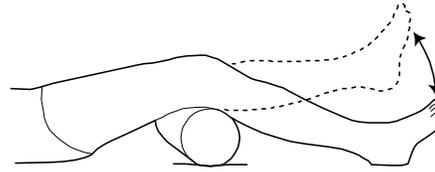
MSK Rehab - knee exercises

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

<p>Ankle circles</p> <ul style="list-style-type: none"> • Circle both ankles, then change direction. 	 <p>A line drawing of a person's right foot and ankle. Two curved arrows indicate the direction of circular movements around the ankle joint.</p>
<p>Ankle pumps</p> <ul style="list-style-type: none"> • Move your ankles up and down. 	 <p>A line drawing of a person's right foot and ankle. Two dashed lines with arrows pointing up and down show the vertical movement of the foot.</p>
<p>Thighs and buttocks</p> <ul style="list-style-type: none"> • Keep your leg straight. • Tighten the muscles on your upper thigh and buttocks. • Hold for 5 seconds. 	 <p>A line drawing of a person lying on their back with one leg straight. Three 'xxx' marks are placed on the upper thigh and buttock area, with a downward arrow pointing to the lower thigh area, indicating muscle contraction.</p>
<p>Knee flexion</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knee then straighten it. 	 <p>A line drawing of a person lying on their back with one leg bent at the knee. A dashed line shows the path of the knee as it moves from a bent position to a straight position. A double-headed arrow below the leg indicates the range of motion.</p>

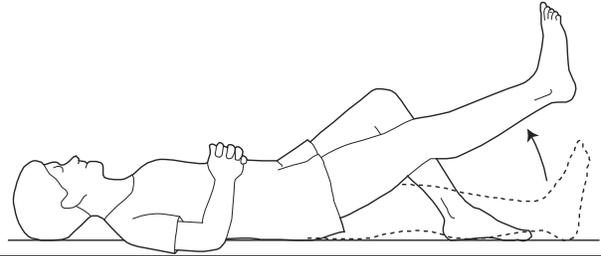
Quads over a roll

- 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.
- Bring your foot forward as you straighten your knee.

