Knee exercises

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

### Ankle pumping
- Move your ankles up and down.

### Thighs and buttocks
- Keep your leg straight.
- Tighten the muscles on your upper thigh and buttocks.
- Hold for 5 seconds.

### Knee flexion
- Lie on your back.
- Bend your knee then straighten it.
### 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.

![Quads over a roll](image1)

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

![Straight leg raise](image2)

### 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.

![Knee extension and flexion](image3)