

STEP 1



STEP 2



Sitting Heel Slide with Towel

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting with your knees straight and a towel looped around one foot, holding the ends in both hands.

Movement

Use the towel to gently bend your knee until a stretch is felt. Hold, and then slide your heel forward into the starting position and repeat.

Tip

Make sure that your leg does not rotate in or out as you bend your knee.

STEP 1



STEP 2



Supine Heel Slide

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your legs straight.

Movement

Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

Tip

Make sure not to arch your low back or twist your body as you move your leg.

STEP 1



STEP 2



Long Sitting Quad Set

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright on the floor with one leg laying straight and your other knee bent.

Movement

Straighten your leg, pushing your knee toward the floor, and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Supine Active Straight Leg Raise

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one knee bent and your other leg straight.

Movement

Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.

Tip

Make sure to keep your leg straight and do not let your back arch during the exercise.

STEP 1



STEP 2



Seated Long Arc Quad

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Prone Knee Flexion

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front on a bed or flat surface.

Movement

Slowly bend your surgical leg as far as you can, hold briefly, then return to the starting position and repeat.

Tip

Make sure to keep your foot in line with your leg during the exercise.

STEP 1



STEP 2



Supine Bridge

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.