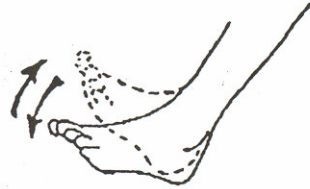


# Comprehensive Care Orthopedics – Kirk R. Davis, D.O.

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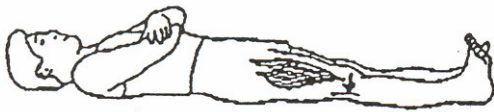
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## Post OP Care – Knee Exercises



### ANKLE PUMPS

Pump your foot up and down slowly. Repeat ten times several times per waking hour.



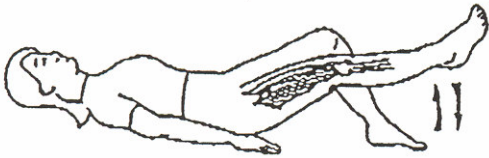
### QUAD SETS

Tighten muscles on top of thigh by pushing your knee down into bed. Hold for the count of six, then relax. Repeat for 50 reps three times a day.



### HAMSTRING SETS

Bend your knee slightly. Push heel into the bed, hold for the count of six, then relax. Repeat for 25 times three times a day.



### STRAIGHT LEG RAISE

Bend your unaffected leg so that the foot is flat on the bed. Keep the affected leg straight and lift, then lower to bed. Do not hold your breath. Repeat for 25 reps three times a day.



### KNEE FLEXION / EXTENSION STRETCH

Gently push the operative leg back with the unaffected leg until you feel a stretch. Hold six seconds. Relax. With unaffected leg underneath affected leg, slowly straighten leg out. Repeat for 25 reps three times a day. Unlock brace for ACL surgery patients.



### SITTING KNEE EXTENSION

Sit erect on a firm chair or on the side of the bed. Feet are flat on the floor. Straighten your knee and point your toes toward your nose. Stretch and hold. Return your foot to the floor. Repeat for 25 reps three times a day.