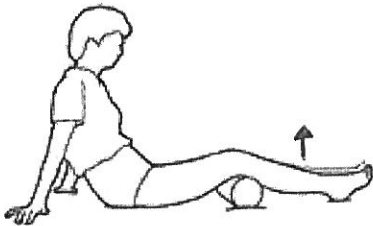


Exercise

Be sure to carefully follow all instructions from you doctor and/or physical therapist.

- Do not overdo exercise.
- Begin slowly.
- Expect mild discomfort. This will disappear as your muscles become stronger.
- Discontinue exercises and speak with your doctor if pain is more than mild and continues for more than 15-20 minutes.

• SHORT ARC QUAD •



Lay flat and put rolled up towel under knee. Slowly straighten knee all the way and hold for 10 seconds before slowly relaxing and returning the knee to the starting position. Repeat 20 times and do once daily.

• SIDE LYING HIP ADDUCTION •



Lying on side, tighten muscle on front of thigh, then lift leg 8-10 inches. Hold for 5 seconds and slowly return to starting position. Repeat 30 times and do once daily.

Knee Strengthening Ex.

• STRAIGHT LEG RAISE •



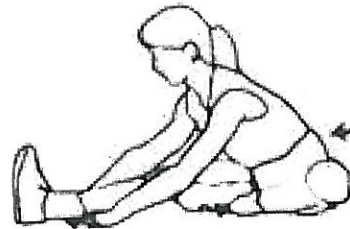
Rest on forearms, tighten muscle on front of thigh and lift leg 8-10 inches from surface, keeping knee locked. Then slowly return to starting position. Repeat 30 times and do once daily.

• PRONE HIP EXTENSION •



Lying on stomach, tighten muscle on front of thigh and lift leg 8-10 inches from floor, keeping knee locked. Then slowly return to starting position. Repeat 30 times and do once daily.

• SEATED HAMSTRING STRETCH •



Tuck foot near groin with opposite leg straight. Reach down until a stretch is felt in back of thigh. Hold for 30 seconds. Repeat 5 times and do twice daily.

* To increase difficulty, use ankle weight (begin with 3 pounds).