




	<p>Flexion/Extension-Wall Slides: (10-15 minutes, 3-4 times per day)</p> <ul style="list-style-type: none"> Place leg on wall, with uninvolvement leg supporting involved leg. Slowly slide legs down wall until discomfort/stretch is felt in involved leg. Hold 5 seconds. If desired, place good leg on top of involved to provide overpressure. Be aware of any range of motion precautions set forth by your doctor. 	
	<p>Flexion/Extension-Seated: (10-15 minutes, 3-4 times per day)</p> <ul style="list-style-type: none"> Using uninvolvement leg under involved leg, bend and straighten knee in pain-free range. Be aware of any range of motion precautions set forth by your doctor. 	
	<p>Quad Sets: (1-2 sets, 15 reps, 2-3 times per day)</p> <ul style="list-style-type: none"> Gently tighten thigh muscle, drawing the knee cap towards the hip and extending the back of the knee towards the bed. Hold 5 seconds. Relax and repeat. 	
	<p>Stationary Bike: (5-20 minutes, 1-2 times per day)</p> <ul style="list-style-type: none"> Both legs, slowly use your uninvolvement leg to facilitate movement of your involved leg. No resistance Speed as tolerated 	<p>Crutches and Stairs:</p> <ul style="list-style-type: none"> Up with the good leg, down with the sore leg. The good leg goes up, followed by the sore leg and the crutches. Going down, first the crutches and the sore leg, slowly lower yourself with the good leg. <p>Ice:</p> <ul style="list-style-type: none"> 5-6 times per day, 20-30 minutes on, 20-30 minutes off. Elevate leg with pillows under heel (avoid pillow under knee as much as tolerated), to control pain and swelling. Avoid hot tubs after acute injury.