

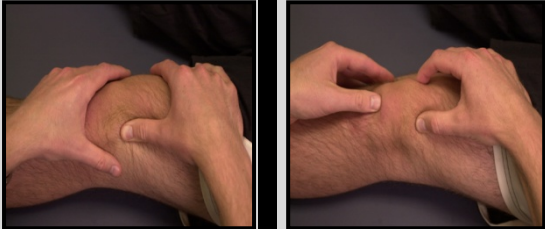


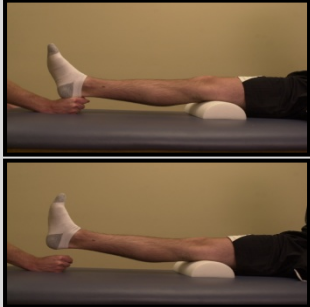
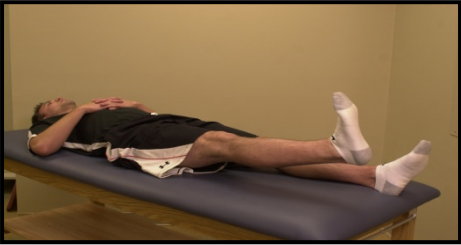





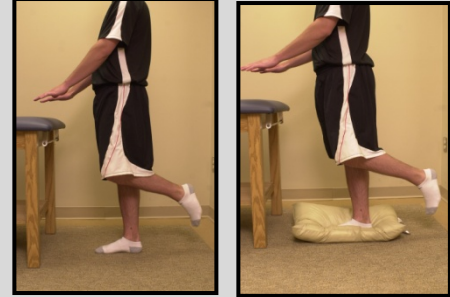


	<p>Flexion/Extension-Wall Slides: (10-15 minutes, 3-4 times per day)</p> <ul style="list-style-type: none"> Place leg on wall, with uninvolved leg supporting involved leg. Slowly slide legs down wall until discomfort/stretch is felt in involved leg. Hold 5 seconds. If desired, place good leg on top of involved to provide overpressure. Be aware of any range of motion precautions set forth by your doctor. <p>Limits _____ Weeks _____</p>	
	<p>Flexion/Extension-Seated: (10-15 minutes, 3-4 times per day)</p> <ul style="list-style-type: none"> Using uninvolved 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>Limits: _____ Weeks _____</p>	
	<p>Patella/Tendon Mobilization: (10 minutes, 3-4 times per day)</p> <ul style="list-style-type: none"> Move knee cap side-to-side for 2-3 minutes, up and down for 2-3 minutes. Avoid pushing down on knee cap. Move quadriceps and patellar tendon side to side 2-3 minutes each. 	
	<p>Extension mobilization: (2 x 20 oscillations, 3-4 times per day)</p> <ul style="list-style-type: none"> Position ankle on foam roll or similar surface. Apply a downward oscillating force on tibia. 	

	<p><u>Quadriceps Series:</u></p> <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>Total Knee Extension (TKE's): (1-2 sets, 15 reps, 1-2 times per day)</p> <ul style="list-style-type: none"> Place foam roll/towel under knee with heel resting on therapist's fist. Raise heel off of fist by tightening quadricep muscle. Maintain back of knee on foam roller. 	
	<p>Straight Leg Raises: (2-3 sets, 15 reps, 2-3 times per day)</p> <ul style="list-style-type: none"> Tighten quadricep muscle until leg is fully extended. Slowly lift 6 inches off of table, then lower. Relax and repeat. 	
	<p><u>Hamstring Series:</u></p> <p>Hamstring Sets: (1-2 sets, 15 reps, 2-3 times per day)</p> <ul style="list-style-type: none"> Legs straight on ball, press heels into ball contracting hamstrings. Hold 5 seconds. 	

	<p>Hamstring Bridges: (1-2 sets, 15 reps, 2-3 times per day)</p> <ul style="list-style-type: none"> • Legs straight on ball, press heels into ball while lifting hips off of table. • Hold 5 seconds. Relax and repeat. 	
	<p>Sit and Reach for hamstrings (towel): (20-30 seconds, 3-5 reps, 2-3 times per day)</p> <ul style="list-style-type: none"> • Using towel/strap, slowly pull toes towards you until a stretch is felt in the calf/hamstrings. 	
	<p>Ankle Pumps: (3-4 times/day, 5-15 minutes)</p> <ul style="list-style-type: none"> • With a straight leg, flex and point ankle back and forth. 	
	<p>Toe and Heel Raises : (2 sets, 20 reps, 2-3 times per day)</p> <ul style="list-style-type: none"> • Feet shoulder width apart, raise up on toes, then down, then back on heels to lift toes. 	
	<p>Balance Series:</p> <p>Single Leg Balance: (30 sec, 3-5 times)</p> <ul style="list-style-type: none"> • Stand on one leg using support as appropriate. • Progress to standing on uneven surface, foam, cushion, etc. 	

Cardiovascular Exercise

Bike/Rowing with well leg (1-2 times per day, 5-30 minutes):

- Use well leg for cardiovascular exercise. Prop involved leg on a chair or stool.

Bike with both legs – no resistance (1-2 times per day, 5-40 minutes):

- Slowly use good leg to facilitate the movement of surgical side. Increase speed as tolerated. Begin wk ____.

Bike with both legs – resistance (1-2 times per day, 5-40 minutes):

- Slowly use good leg to facilitate the movement of surgical side. Increase speed as tolerated. Begin wk ____.

Aqua-jogging (5-30 minutes):

- Use aqua-jogger vest in deep end of pool, avoid feet touching bottom.
- Mimic jogging motion using arms and legs.

Treadmill – walking incline (5-30 minutes):

- Incline to 7-12°.
- Take normal strides and keep your feet quiet.

Swimming with (short) fins (5-30 minutes):

- Flutter kick with kickboard as tolerated.
- It is ok to kick on back with/without kickboard.

Elliptical Trainer (10-30 minutes):

- Ease into training by not fully extending knees.
- Increase time and resistance as tolerated.

Rowing (10-30 minutes):

- Ease into rowing by not fully extending knees and not bending past 90°.

Stair Stepper (10-30 minutes):

- Begin with a short stepping motion on light resistance. Use your hands to support some of your weight.
- Never let feet come off pedals or let the pedals hit the bottom.
- Always maintain a slight bend in the knees.