

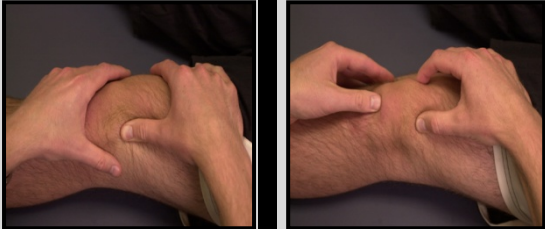


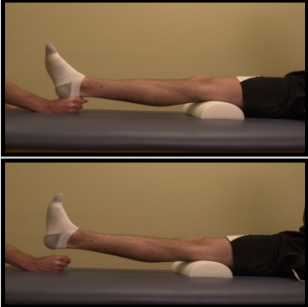


	<p>Flexion/Extension-Wall Slides: (10-15 minutes, 3-4 times per day)</p> <ul style="list-style-type: none"> Place leg on wall, with uninvolved leg supporting involved leg. Slowly slide legs down wall until discomfort/stretch is felt in involved leg. Hold 5 seconds. If desired, place good leg on top of 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>Quadriceps Series:</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. 	