**Flexion/Extension-Wall Slides:**
(10-15 minutes, 3-4 times per day)
- 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.

Limits: ____________ Weeks ______________

**Flexion/Extension-Seated:**
(10-15 minutes, 3-4 times per day)
- 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.

Limits: ______________ Weeks __________

**Patella/Tendon Mobilization:**
(10 minutes, 3-4 times per day)
- Move knee cap side-to-side for 2-3 minutes, up and down for 2-3 minutes.
- **Avoid** pushing down on knee cap.
- Move quadricep and patellar tendon side to side 2-3 minutes each.

**Extension mobilization:**
(2 x 20 oscillations, 3-4 times per day)
- Position ankle on foam roll or similar surface.
- Apply a downward oscillating force on tibia.
**Quadriceps Series:**

**Quad Sets:**
(1-2 sets, 15 reps, 2-3 times per day)
- 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.

**Total Knee Extension (TKE’s):**
(1-2 sets, 15 reps, 1-2 times per day)
- 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.

**Straight Leg Raises:**
(2-3 sets, 15 reps, 2-3 times per day)
- Tighten quadricep muscle until leg is fully extended.
- Slowly lift 6 inches off of table, then lower. Relax and repeat.