



QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

Repeat 4 Times

Complete 1 Set

Hold 30 Seconds

Perform 7 Times a Day

STRAIGHT LEG RAISE 2 - SLR

While lying or sitting, raise up your leg with a straight knee. Keep both knees straight the entire time.

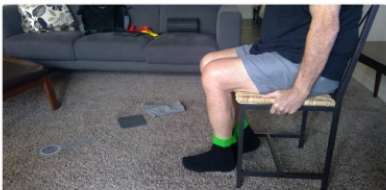


Repeat 8 Times

Complete 3 Sets

Hold 1 Second

Perform 3 Times a Week



Theraband Knee Extension

Your therapist will select the appropriate level of band resistance based upon your strength level.

While seated place looped thera band around both ankles, while stabilizing with the opposite leg straighten your surgical knee. Focus on slow and controlled knee extension. Work to get the knee completely straight.

Repeat 10 Times

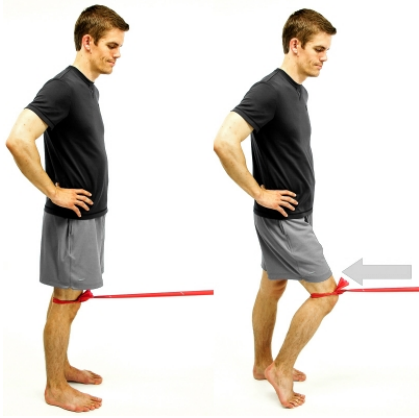
Complete 3 Sets

Hold 1 Second

Perform 3 Times a Week



QR VIEW



TERMINAL KNEE EXTENSION - TKE

Start in a standing position with an elastic band attached above your knee and the other end tied with a knot and fixated behind a closed door or other anchor. The target knee should be partially bent with your toes touching the ground.

Next, move your knee back towards a straightened position so that your heel touches the floor and you pull against the band.

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Week



HAMSTRING STRETCH - SITTING

While sitting with your leg stretched out, reach forward with your hands towards touching your toes.

Repeat 4 Times
Complete 1 Set

Hold 30 Seconds
Perform 7 Times a Day