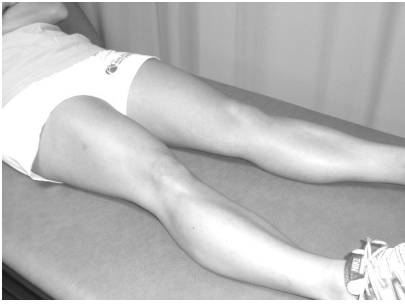
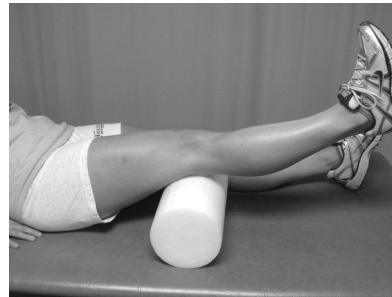


## Phase 1



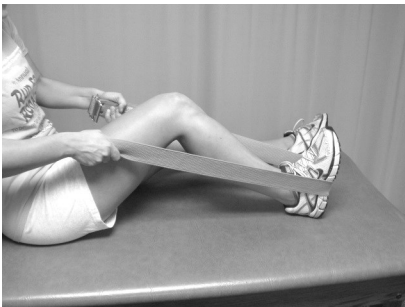
### 1. Quad Sets

With leg flat, tighten your thigh firmly. Hold briefly and repeat



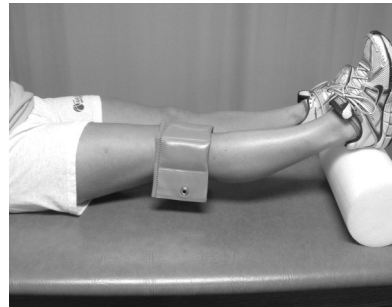
### 2. Short Arc Extension

With a bottle or towel under your knee, slowly extend your leg fully. Hold briefly and repeat.



### 3. Knee Flexion

Gently bend your knee using the aid of a belt or towel. Hold briefly and repeat.



### 4. Knee Extension & Ice

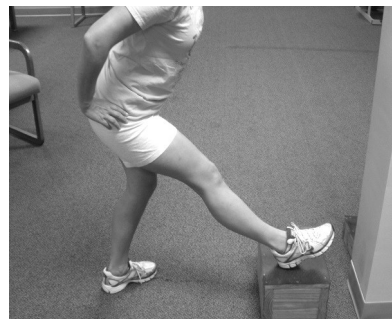
When icing, prop your heel up allowing the weight to push your knee into extension. Ice 10-20 minutes.

## Phase 2



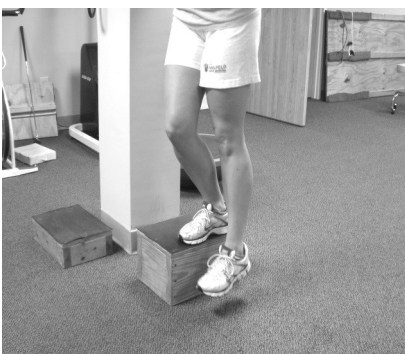
### 5. Calf Stretch

Prop toes up on step or ledge, keep knee straight and lean forward until a stretch is felt in back of leg. Hold 3x10 seconds



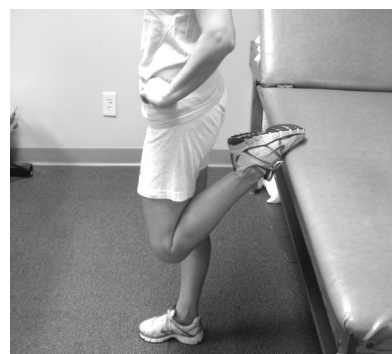
### 6. Hamstring Stretch

Prop up foot, keep knee and back straight and lean down. Feel stretch in back of thigh. Hold 3x10 seconds.



### 7. Lateral Step Ups

Step onto small step with injured leg. Slowly step up and down repeatedly, focusing on tightening your quad and locking out the knee



### 8. Full Knee Flexion

Achieve full knee flexion by stretching your leg behind your rear. Avoid kneecap pain.