

STEP 1



STEP 2



Supine Quadriceps Sets

REPS: 15 | HOLD: 3 | DAILY: 2 | WEEKLY: 7

Setup

Begin lying on your back on a bed or flat surface with your legs straight.

Movement

Tighten the muscles in the thigh of your surgical leg as you straighten your knee. Hold, then relax and repeat.

Tip

Make sure to keep your toes pointing toward the ceiling during the exercise. Try to flatten the back of your knee towards the bed.

STEP 1



STEP 2



Supine Straight Leg Raises

REPS: 15 | HOLD: 3 | DAILY: 2 | WEEKLY: 7

Setup

Begin lying on your back on a bed or flat surface with your surgical leg straight and your other leg bent.

Movement

Pull your toes toward your body, keeping your knee straight, and slowly lift your surgical leg off the bed until it is close to parallel with your other thigh. Hold briefly, then lower it back down to the starting position and repeat.

Tip

Make sure to keep your thigh muscles tight and your knee straight. Do not turn your foot or hip in or out during the exercise.

STEP 1



STEP 2



Supine Knee Extension Strengthening

REPS: 15 | HOLD: 3 | DAILY: 2 | WEEKLY: 7

Setup

Begin lying on your back with one knee bent and the other resting on a ball.

Movement

Straighten your knee by contracting your thigh muscles, keeping the back of your knee on the ball.

Tip

Make sure not to arch your back during the exercise.

STEP 1



STEP 2



Supine Heel Slide with Strap

REPS: 15 | HOLD: 3 | DAILY: 2 | WEEKLY: 7

Setup

Begin lying on your back with your legs straight, holding the ends of a strap that is looped around the bottom of one foot.

Movement

Pull on the strap, sliding your heel toward your buttocks, then slide your heel back to the starting position and repeat.

Tip

Make sure you keep your back flat against the bed during the exercise.

STEP 1



Supine Knee Extension Stretch on Towel Roll

REPS: 1 | HOLD: 60 | DAILY: 2 | WEEKLY: 7

Setup

Begin lying on your back with one leg bent, and your other leg straight with your heel resting on a rolled towel.

Movement

Lay in this position with your leg relaxed and knee straight.

Tip

Make sure to keep your back flat on the bed during the exercise.

STEP 1



STEP 2



Seated Long Arc Quad

REPS: 15 | HOLD: 3 | DAILY: 2 | WEEKLY: 7

Setup

Begin sitting upright.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, then lower it back to the starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Standing Gastroc Stretch

REPS: 15 | HOLD: 3 | DAILY: 2 | WEEKLY: 7

Setup

Begin in a standing position with your feet in a staggered stance, holding onto a stable surface for support.

Movement

Keeping your back knee straight, push your hips forward. You will feel a stretch in the back of your lower leg.

Tip

Make sure to keep both feet pointed straight forward and flat on the ground during the stretch.

STEP 1



STEP 2



Standing Heel Raise with Support

REPS: 15 | HOLD: 3 | DAILY: 2 | WEEKLY: 7

Setup

Begin in a standing upright position holding onto a stable surface in front of you for support.

Movement

Slowly raise the your heels off the ground as far as you can, then lower them back to the floor and repeat.

Tip

Make sure to keep the balls of your feet on the ground and maintain your balance during the exercise.