

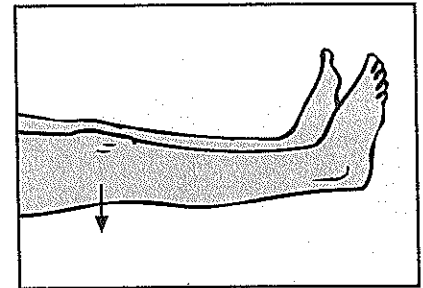
Strengthening Your Knees

Tips

- Do the checked exercises only.
- Do the exercises slowly and smoothly. Do not bounce or jerk.
- Breathe normally. Don't hold your breath.
- If you need to use weights, your medical professional will tell you (and show you how).
- If an exercise causes pain, stop! Tell your medical professional.
- Keep up the good work. It will pay off.

Quad (front of thigh) Set

- 1) Lie flat on your back with your legs straight and your toes pointed toward the ceiling.
- 2) Slowly tighten the thigh muscles of one leg. At the same time, push the back of the knee on that leg down into the floor. Hold for 5–10 seconds.
- 3) Repeat 10 times. Do the same number with your other leg. This is one set. Do 3 sets 2 times per day.

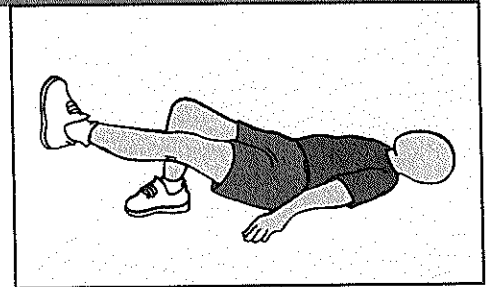


Straight Leg Raise

with lbs weight

without weight

- 1) Lie on your back with one leg straight and the other bent.
- 2) Slowly raise your straight leg 4–12 inches. Pause for 3–5 seconds, then slowly lower your leg.
- 3) Repeat 10 times. Do the same number with your other leg. This is one set. Do 3 sets 2 times per day.



Hamstring (back of thigh) Stretch

- 1) Sit with one leg straight and the toes pointed up. Bend your other leg so the bottom of that foot touches the inside of your straight leg.
- 2) Slowly lean forward, reaching toward your foot with both hands. Go far enough to feel a good stretch, but don't strain. Pause for 10–30 seconds. Return to the starting position.
- 3) Repeat 10 times. Do the same number with your other leg. This is one set. Do 3 sets 2 times per day.

