

**Notes:** ALL EXERCISES UP TO THE POINT OF STRETCH OR DISCOMFORT.  
PLEASE DO THESE EXERCISES 5 TIMES PER DAY.

### 1- Circulation Exercises



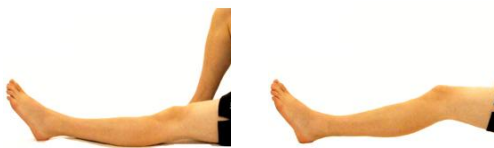
LYING ON YOUR BACK  
MOVE YOUR ANKLE UP AND DOWN SLOWLY  
REPEAT 10 TIMES

### 2- Knee Bending



LIE ON YOUR BACK  
BEND OPERATED KNEE UP AS FAR AS COMFORTABLE AND THEN  
STRAIGHTEN IT OUT SO IT IS FLAT ON THE BED. USE YOUR HANDS TO  
ASSIST AT FIRST IF NEEDED  
REPEAT 10 TIMES

### 3- Knee Straightening



WITH THE OPERATED LEG STRAIGHT  
BRING YOUR TOES TOWARDS YOU  
TIGHTEN THE FRONT OF YOUR THIGH MUSCLE BY TRYING TO PUSH  
THE KNEE DOWNWARD  
HOLD FOR 5 SECONDS  
REPEAT 10 TIMES

### 4- Straight Leg Raise



LIE ON YOUR BACK WITH YOUR NON OPERATED KNEE BENT AND THE  
OPERATED LEG STRAIGHT  
LIFT YOUR OPERATED LEG OFF THE BED 3", KEEPING IT STRAIGHT  
HOLD FOR 5 SECONDS  
SLOWLY LOWER THE OPERATED LEG BACK ONTO THE BED  
REPEAT 10

### 5- Knee Bend In Sitting



SIT ON A CHAIR AND BEND YOUR OPERATED KNEE AS FAR AS  
COMFORT ALLOWS  
CROSS YOUR OTHER LEG OVER AND GENTLY USE IT TO GIVE THE  
OPERATED LEG AN EXTRA STRETCH  
HOLD FOR 5 SECONDS  
REPEAT 10 TIMES

**6- Quadriceps Strengthening**



IN SITTING - LIFT OPERATED LEG STRAIGHT AT THE KNEE AS FAR AS COMFORT ALLOWS, KEEPING YOUR BACK STRAIGHT  
HOLD FOR 5 SECONDS  
REPEAT 10 TIMES

**7- Hamstrings Stretch**



SIT ON A CHAIR AND PLACE OPERATED HEEL ON A CHAIR OF THE SAME HEIGHT INFRONT WITHOUT SUPPORT UNDER THE KNEE  
RELAX THE LEG AND LEAN FORWARDS UNTIL YOU FEEL A STRETCH BEHIND THE KNEE  
HOLD FOR 10 SECONDS  
REPEAT 10 TIMES

**8- Sit To Stand Practice**



PRACTICE STANDING UP FROM THE CHAIR REGULARLY THROUGH THE DAY

**9- Walking with Elbow Crutches**



ONCE ADVISED BY THE PHYSIO PRACTICE WALKING AROUND YOUR ROOM AND UP AND DOWN THE CORRIDOR ON YOUR OWN USING YOUR WALKING AID

WALKING AID → OPERATED LEG → NON-OPERATED LEG