

## Supine Heel Slide

**REPS: 10**

**SETS: 1**

**DAILY: 3**

**WEEKLY: 7**



### Setup

Begin lying on your back with your legs straight.

### Movement

Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

### Tip

Make sure not to arch your low back or twist your body as you move your leg.

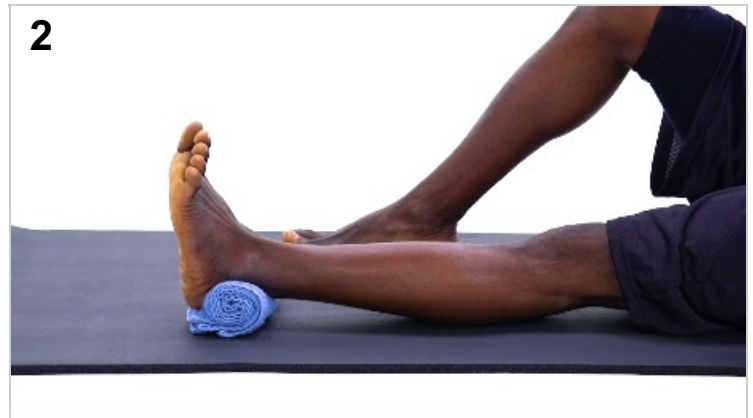
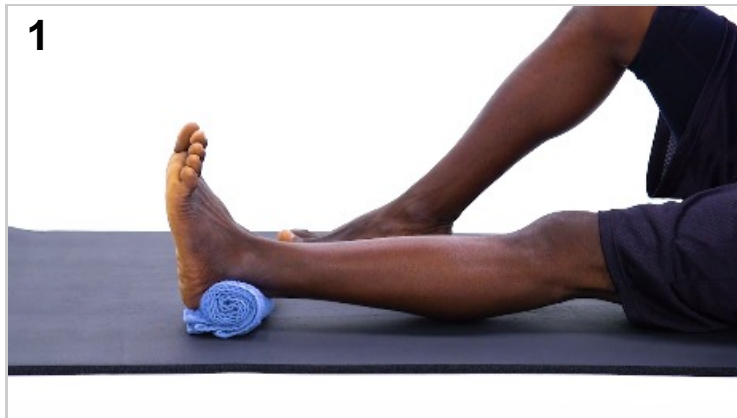
# Long Sitting Quad Set with Towel Roll Under Heel

REPS: 10

SETS: 1

DAILY: 3

WEEKLY: 7



## Setup

Begin sitting upright on the floor with one leg bent and your other leg straight forward, resting your heel on a towel roll.

## Movement

Straighten your leg, pushing your knee toward the floor. Hold, then relax, and repeat.

## Tip

Make sure to keep your toes pointing toward the ceiling and maintain an upright posture during the exercise.

# Supine Short Arc Quad

**REPS: 10**

**SETS: 1**

**DAILY: 3**

**WEEKLY: 7**



## Setup

Begin lying on your back with a towel roll under one knee with your heel resting on the ground.

## Movement

Tighten the muscles in your upper leg to straighten your knee, hold, then return to the start and repeat.

## Tip

Make sure to keep your back flat against the floor as you move your leg.

# Supine Ankle Pumps

**REPS: 20**

**SETS: 1**

**DAILY: 12**

**WEEKLY: 7**

**1**



**2**



## Setup

Begin lying on your back with your legs straight.

## Movement

Slowly pump your ankles by bending and straightening them.

## Tip

Try to keep the rest of your legs relaxed while you move your ankles.

# Active Straight Leg Raise with Quad Set

REPS: 10

SETS: 1

DAILY: 10

WEEKLY: 7



## Setup

Begin lying on your back with one knee bent and your other leg straight

## Movement

Squeeze the thigh muscles in your straight leg and flex your foot, then slowly lift your leg until it is parallel with your other thigh. Lower your leg back to the starting position and repeat.

## Tip

Make sure to keep your back flat against the floor during the exercise.

# Seated Quad Set

**REPS: 10**

**SETS: 1**

**DAILY: 10**

**WEEKLY: 7**



## Setup

Begin sitting upright on the edge of a chair and your involved knee slightly bent.

## Movement

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

## Tip

Make sure to keep your back straight and do not lock out your knee.

# Seated Heel Slide

REPS: 10

SETS: 1

DAILY: 10

WEEKLY: 7



## Setup

Begin sitting upright with your surgical leg straight forward, foot resting on the floor.

## Movement

Slowly slide your heel backward, bending your knee as far as you can. Hold briefly, then return to the starting position and repeat.

## Tip

Make sure to keep your foot in line with your leg and do not let your foot rotate outward or inward during the exercise.

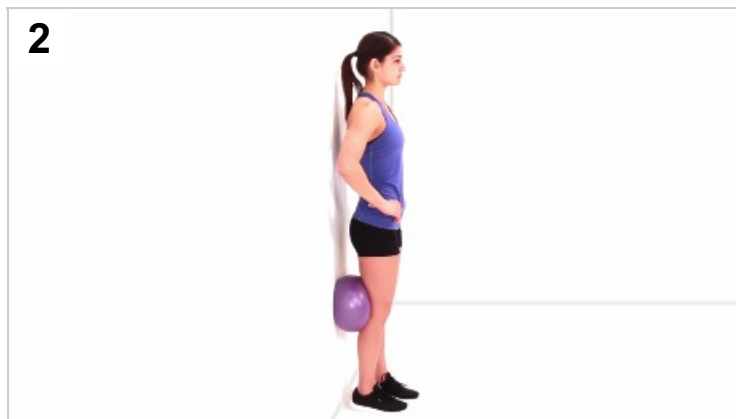
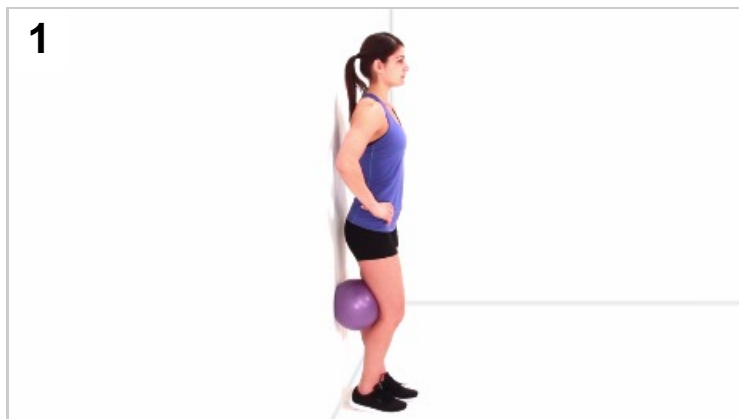
# Standing Terminal Knee Extension at Wall with Ball

REPS: 10

SETS: 1

DAILY: 10

WEEKLY: 7



## Setup

Begin standing with your knee slightly bent, and a soft ball between the back of your knee and a wall.

## Movement

Straighten your knee, pushing the ball gently into the wall, then relax and repeat.

## Tip

Make sure to maintain your balance and good posture during the exercise. Do not lock out your knee when straightening it.