

1) ANKLE PUMPS

Bend ankles up and down, alternating feet.
REPEAT: 10 Times, 3 Times per day



2) QUAD SETS

Slowly tighten muscles on thigh of straight leg, while counting to 10 out loud.
REPEAT: 10 Times, 3 Times per day



3) SHORT ARC QUADS

Place a large can or rolled towel under leg. Bend ankle and lift foot to straighten knee.
Hold 5 seconds.
REPEAT: 10 Times, 3 Times per day



4) HEEL SLIDES

Bend knee and pull heel toward buttock.

REPEAT: 10 Times, 3 Times per day



5) STRAIGHT LEG RAISES

Tighten thigh muscle and bend ankle up. Slowly lift straight leg 10 inches from bed and hold 2 seconds. Lower it, keep tight for 2 more seconds and relax.

REPEAT: 10 Times, 3 Times per day



6) CHAIR KNEE FLEXION

Keeping feet on floor, slide foot of operated leg back, bending knee.

Hold for 5 seconds.

REPEAT: 10 Times, 3 Times per day

