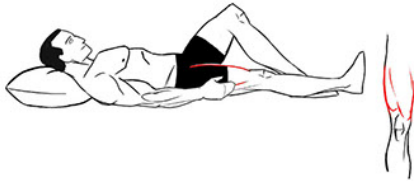




## KNEE EXERCISES



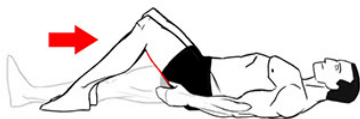
### Quadracep Sets

Tighten your front thigh muscle (quadriceps) pressing your knee toward the floor. Hold for 5 to 10 seconds, repeat 12 repetitions three times a day.



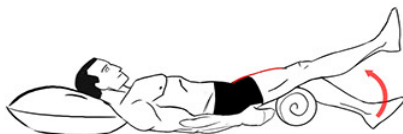
### Straight Leg Raises

Lift your leg 8 to 12 inches, keeping your knee straight. Hold for 5 seconds. Lower your leg slowly to the ground. Relax for 5 seconds, repeat 12 repetitions three times a day.



### Heel Slides

Bend your knee and slide your heel toward your hip as far as you can. Hold for 5 seconds. Slide back until your knee touches the floor. Relax for 5 seconds. Repeat 12 repetitions three times a day.



### Knee Extension-Short Arc Quads

Lie on your back, towel roll under thigh lift foot, straightening knee. Do not raise thigh off the roll. Tighten quad as tight as possible. Hold 5 seconds, relax 5 seconds, and repeat 12 repetitions three times a day.