
PHYSICAL THERAPY SECTION

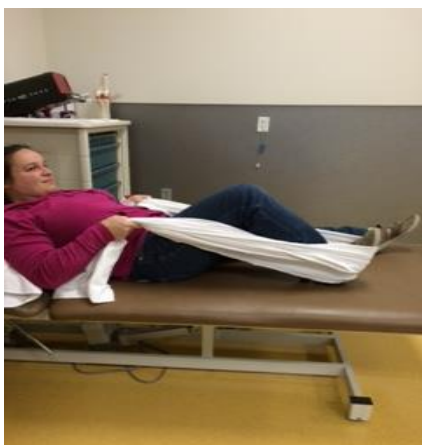
Quad Sets: Tighten the muscles on the top of your thigh, as if you are pushing your knee down to the floor. Hold 3-5 seconds. Repeat 10 times. Do 6-10 times per day.



Short Arc Quads: with knee bent over a pillow or bolster, straighten or extend your knee by tightening your quad/thigh muscles. Do not lift your knee off of pillow/bolster. Hold 3-5 seconds. Perform 10 times for 3 sets. Do 2 times daily.



Heel Slides: With belt or sheet around foot/heel, gently pull foot toward you until a stretch is felt in the knee. Hold 10-20 seconds. Repeat 10 times. **Do 5-6 times daily.**



Straight Leg Raise: While lying on back, tighten your abdomen and thigh muscles and slowly lift leg 6-12 inches, keeping knee straight. Do 10 times for 3 sets. Do 2 times daily.



Hip abduction (TOTAL KNEE ONLY): While lying on your back, keep knee straight and move out to the side and back to midline. Do 10 times for 3 sets. Do 2 times daily.



Long Arc Quads: While sitting in a chair, straighten your knee by tightening your quad/thigh muscles. You may use your other leg to assist, if you are unable to actively lift with your operative leg. Do 10 times for 3 sets. Do 2 times daily.



Ankle Pumps: While in bed or sitting in chair, move ankle/foot up and down. Do 10 times. Do 6-10 times per day.

Glut Squeezes: While in bed or sitting in chair, squeeze glut/buttock muscles together. Hold 3-5 seconds. Do 10 times. Do 6-10 times per day.