

## Pre-Surgical Exercises:

Do each of these exercises 10 times **on each leg**, twice a day until your surgery.

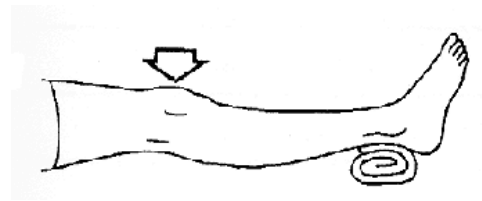
### Ankle Pumps:

Bend ankles to move foot up and down, alternating feet.



### Quad Sets:

Lie on your back with your leg extended. Tighten the muscle in the front of your thigh (the quadriceps). Keep it tight for five seconds and then relax.



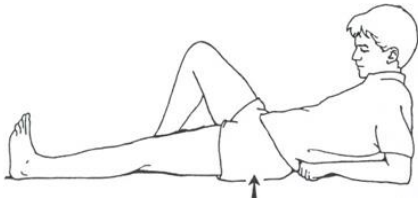
### Hamstring Sets:

1. Recline on your back, resting on your elbows.
2. Keep one leg straight, and bend the other to a height of about six inches.
3. Tighten the bent leg by digging down and back with the heel.
4. Hold for five seconds, then relax. A



### Gluteal Sets:

1. Recline on your back, resting on your elbows.
2. Squeeze your buttocks together as tightly as possible.
3. Hold for five seconds, then relax.



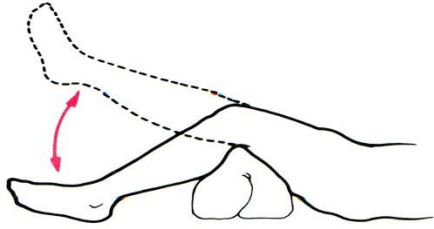
### Heel Slides:

Slide your heel up towards your bottom and then slide your heel back down until your leg is straight.



### Short Arc Quads:

While lying on your back, place a roll of towels under your knee. This flexes your knee in the relaxed position. Straighten your leg by extending the knee and hold this position for five seconds. Relax and let the foot back down to the floor.



Knee Extension/Flexion:



Straight Leg Raise: (Total Knee only)

