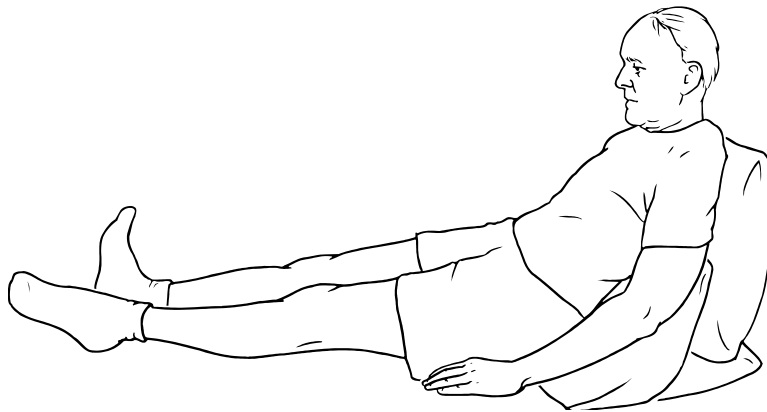
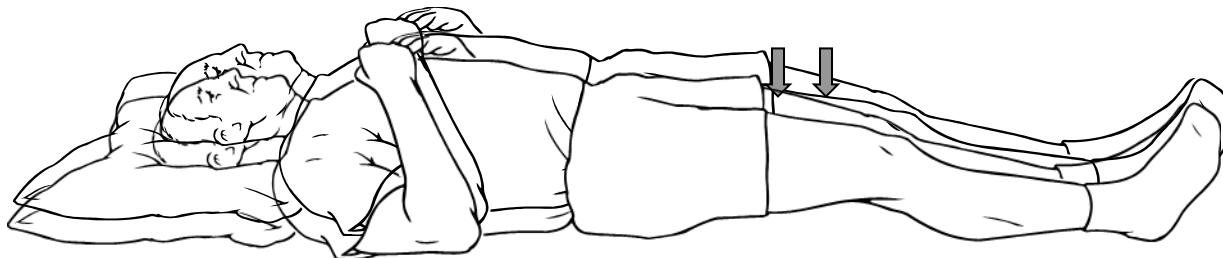


Ankle Pump



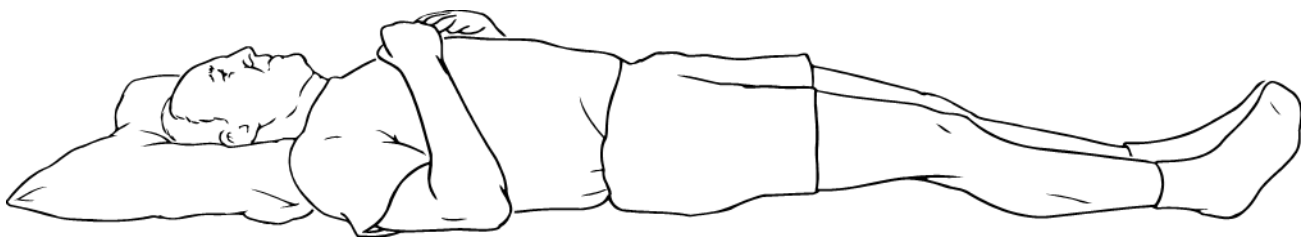
Bend ankles up and down at the same time. Repeat 20 times.

Quad Set



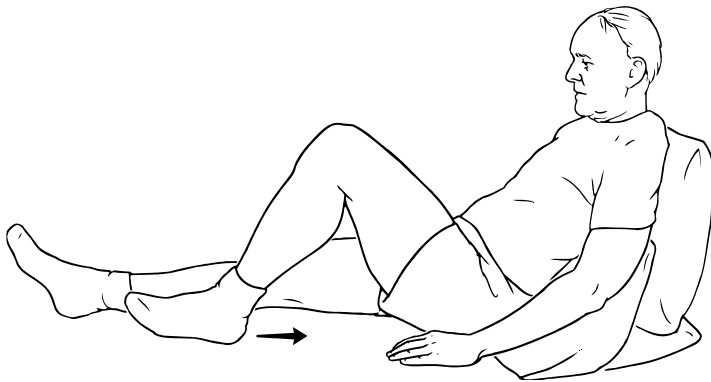
Slowly tighten thigh muscles of both straight legs while counting aloud to 3. Relax. Repeat 20 times.

Gluteal Squeeze



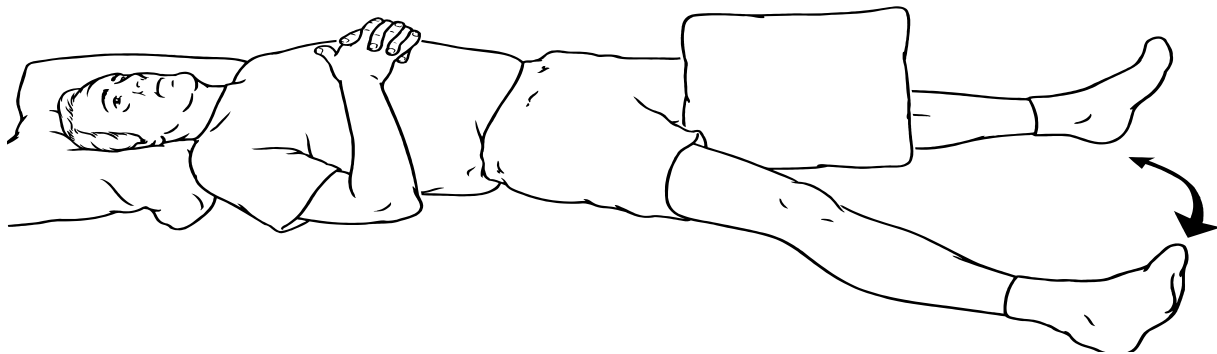
Squeeze buttocks muscles as tightly as possible while counting aloud to 3. Repeat 20 times.

Heel Slide



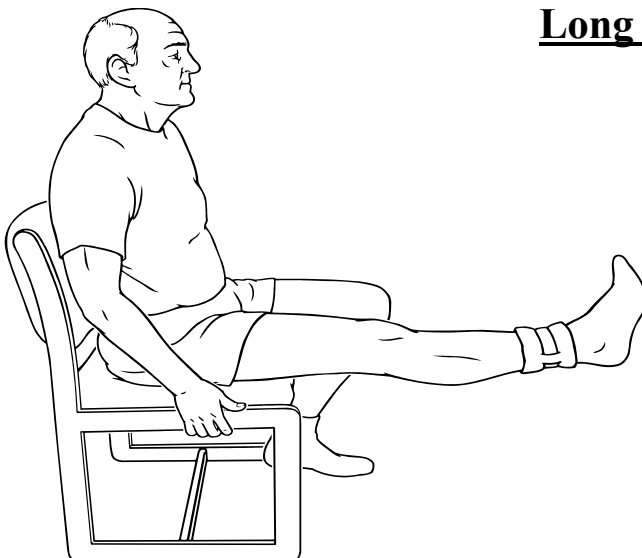
Bend operated knee and pull heel toward buttocks. Be careful not to hike up your hip with this exercise. Repeat 20 times.

Abduction



Slide operated leg out to side. Keep kneecap pointing up. Gently bring leg back while maintaining your hip precautions. Repeat 20 times.

Long Arc Quad



Bend and straighten operated leg and try to hold it straight for 3 seconds. Repeat 20 times.