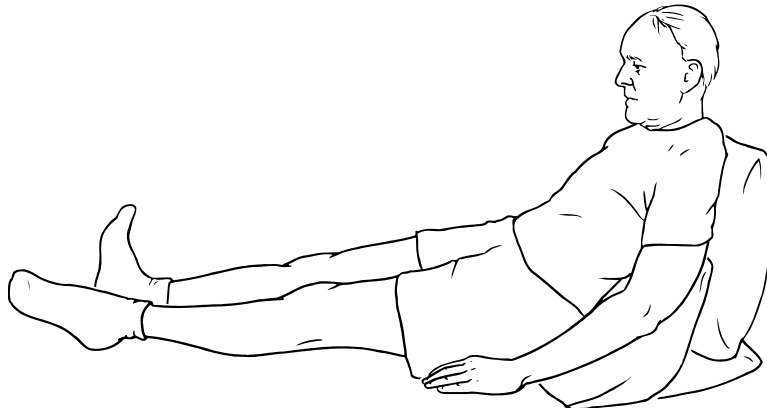


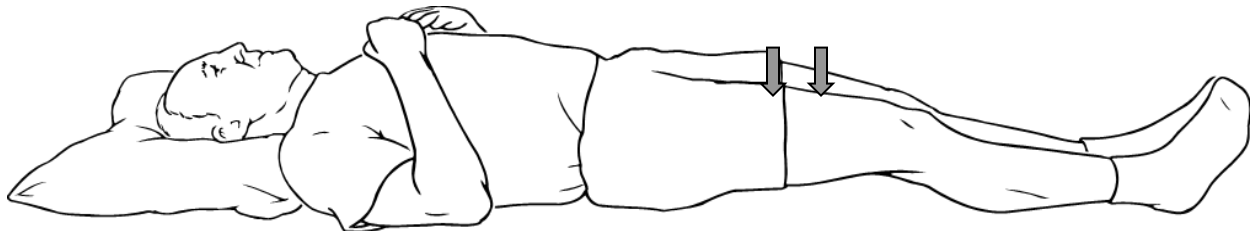
**Ankle Pump**



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

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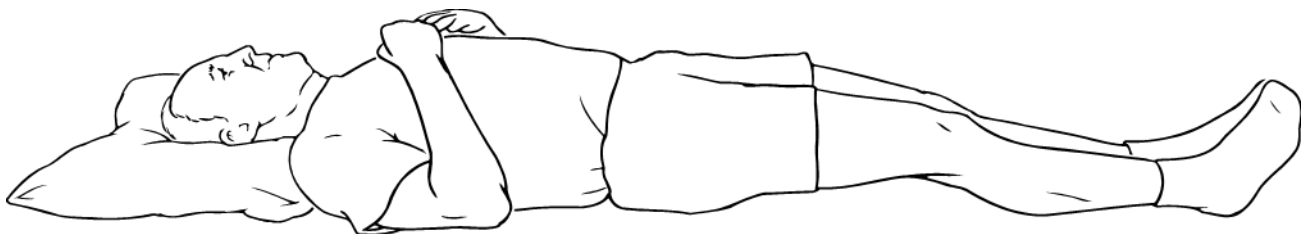
**Quad Set**



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

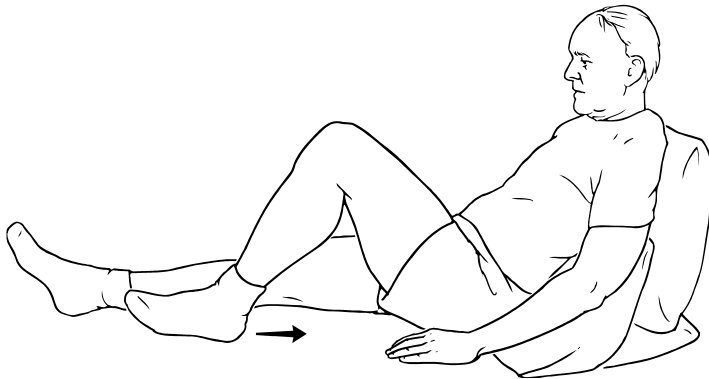
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**Gluteal Squeeze**



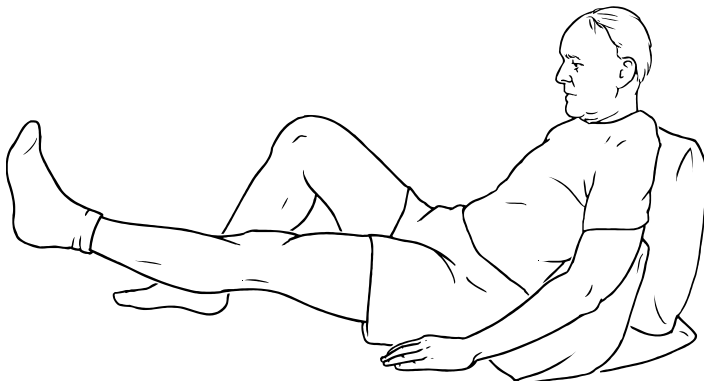
**Squeeze buttocks muscles as tightly as possible while counting aloud to 3. Repeat 20 times.**

**Heel Slide**



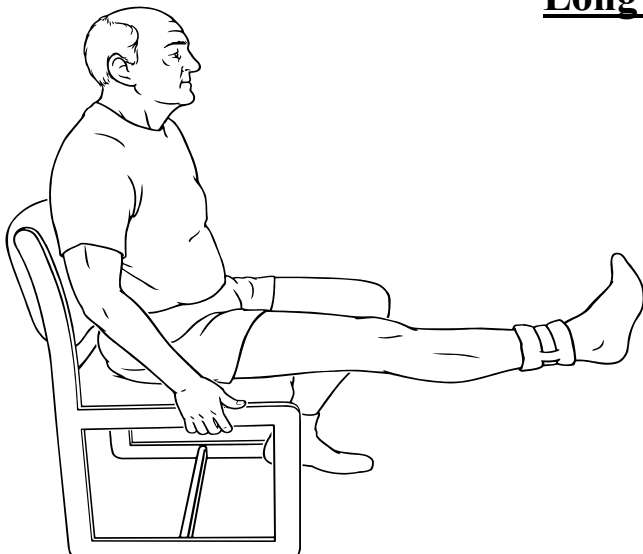
**Bend operated knee and pull heel toward buttocks. Be careful not to hike up your hip with this exercise. Repeat 20 times.**

**Straight Leg Raise**



**Keep operated leg as straight as possible and tighten muscles on top of thigh. Slowly lift straight leg 2-3 inches from chair/bed and hold 3 seconds. Lower it, keeping muscles tight 3 seconds. Relax. Repeat 20 times.**

**Long Arc Quad**



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