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.

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.