



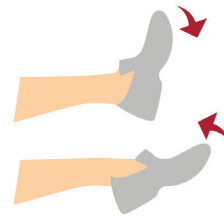
POST-OP EXERCISES

All exercises should be done 3-5 times per day.



HEEL SLIDES

Pull heel up towards buttock.
Hold for 15 seconds. Repeat 30 times.



ANKLE PUMPS

Slowly move foot up towards you and then away from you.
Repeat 20 times.



QUAD SETS

Tighten quad and push back of knee into floor.
Hold for 14 seconds. Repeat 30 times.



GLUTEAL SETS

Keeping legs straight, squeeze buttocks together.
Hold for 10 seconds. Rest for 5 seconds and repeat for one minute.