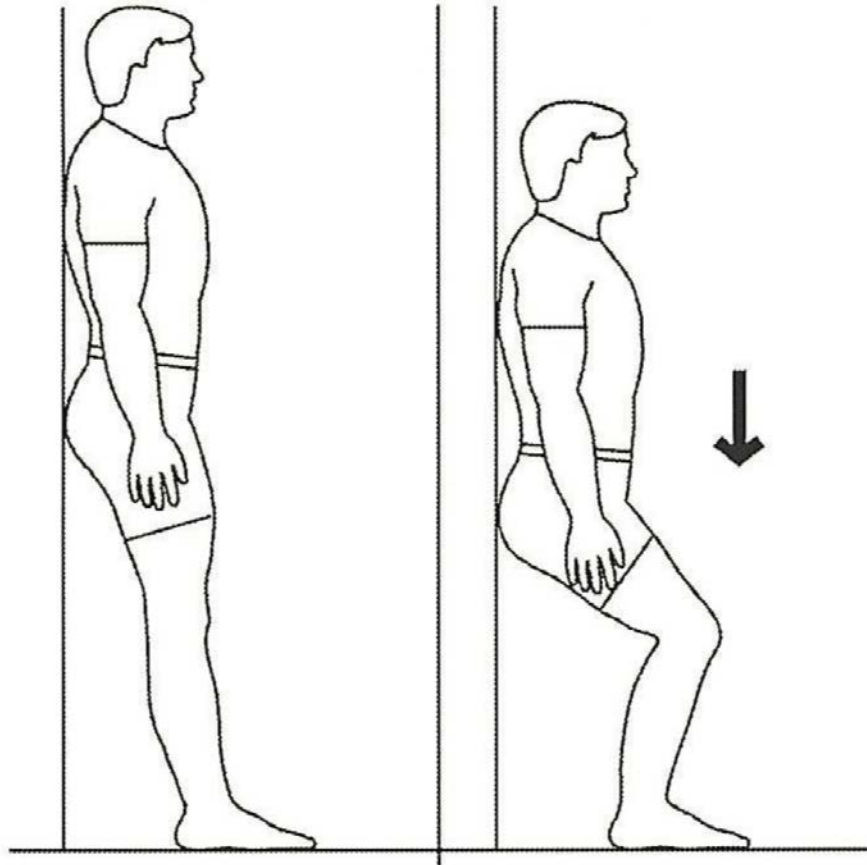


Mini Wall Squat



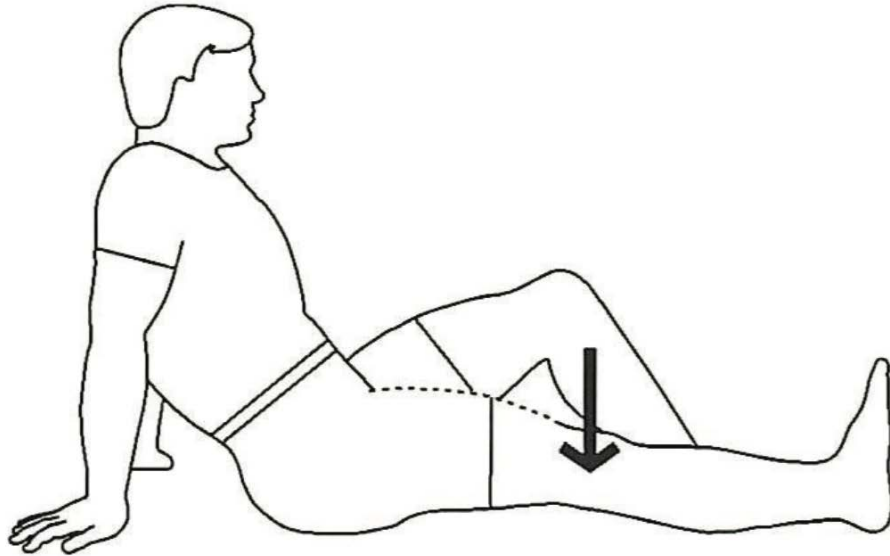
- Lean on wall, feet approximately 12 inches from wall, shoulder distance apart.
- Bend knees to 45 degrees
- Hold 5 seconds.
- Return to start position and repeat.

Perform 3 sets of 10 repetitions, once a day.

Rest 1 minute between sets.

Perform 1 repetition every 4 seconds.

Quad Set



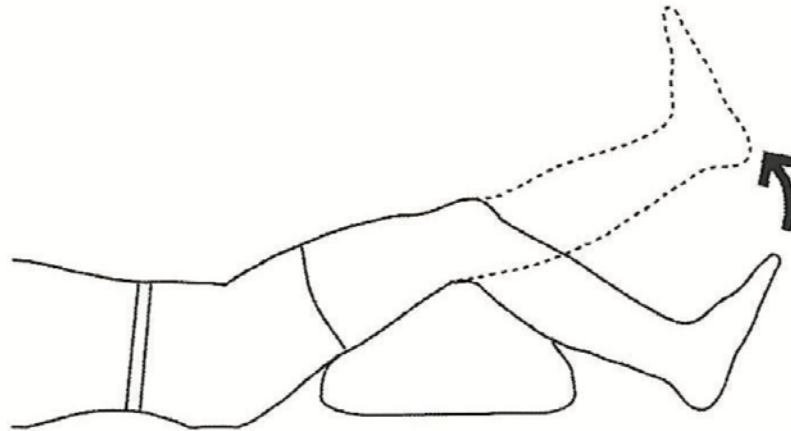
- Sit with leg extended.
- Tighten quad muscles on front of leg, trying to push back of the knee downward

Perform 1 set of 10 repetitions, once a day.
Hold exercise for 10 seconds.

Special Instructions:

Do not hold breath

Supine Knee Extension



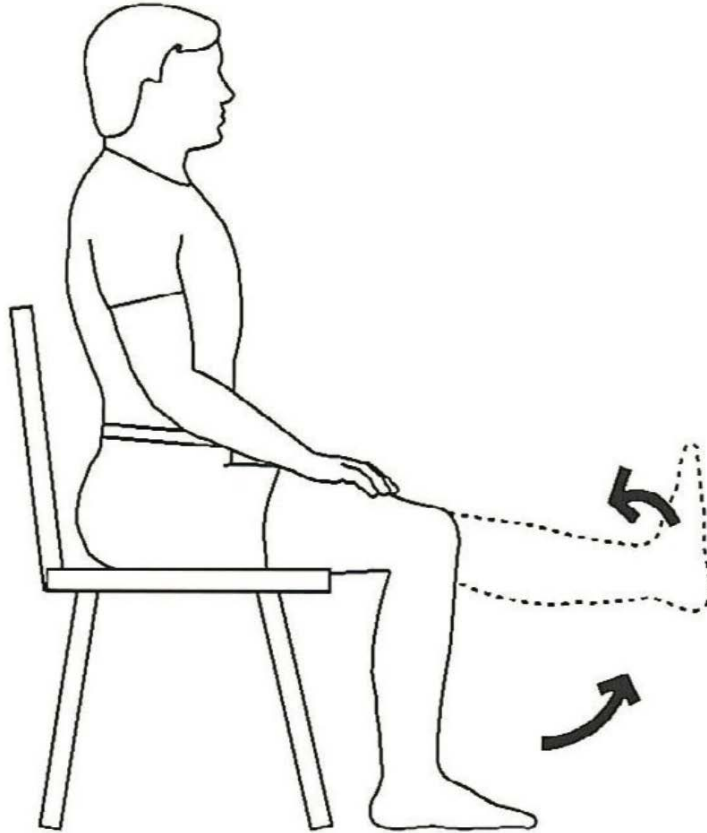
- Lie on back with involved leg bent to 45 degrees, supported with a pillow as shown.
- Straighten leg at knee.
- Return to start position.

Perform 3 sets of 10 repetitions, once a day.

Rest 1 minute between sets.

Perform 1 repetition every 4 seconds.

Seated Knee Extension



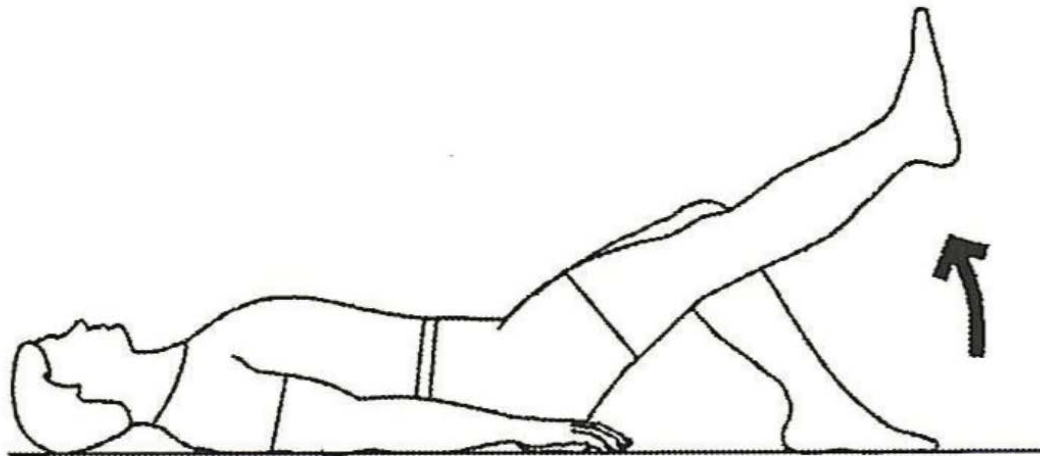
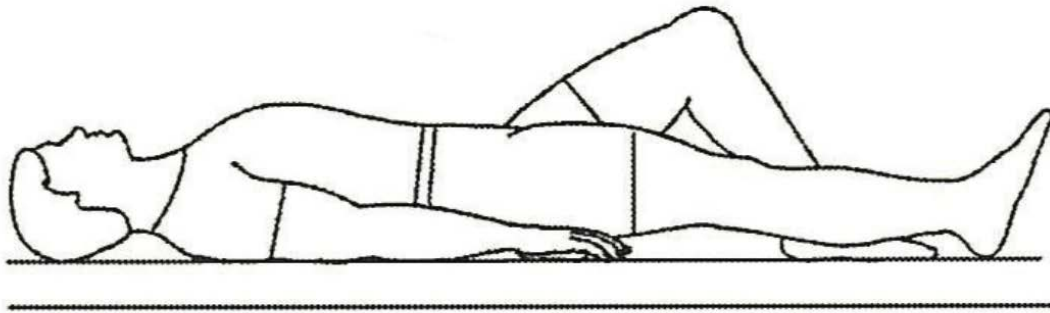
- Sit on a chair with knees bent.
- Keep a proper curve in low back, as shown.
- Flex foot upward, while straightening knee.

Perform 1 set of 4 repetitions, once a day.
Hold exercise for 20 seconds.

Special Instructions:

Do not allow low back to lose the curve. It is common to experience shaking in the leg.

Straight Leg Raise



- Lie on back with uninvolved knee bent as shown.
- Raise straight leg to thigh level of bent leg.
- Return to starting position.

Perform 3 sets of 10 repetitions, once a day.

Rest 1 minute between sets.

Perform 1 repetition every 4 seconds.