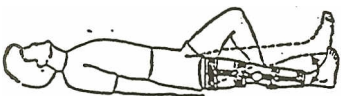


### **Quadriceps (quad) sets**

Lie on your back or sit with your affected knee straight, brace locked, and undo top two straps. Slowly tighten the muscles on the top of your thigh, press the back of your thigh into floor, and pull your toes toward the ceiling. You should feel your kneecap move up-ward. Hold for 10 seconds. Relax. Repeat 10 times.



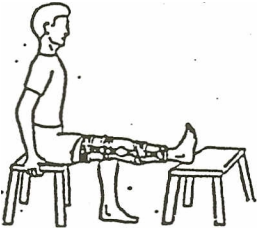
### **Straight leg raises**

Lock the brace. Lie on your back with your unaffected knee bent and your foot flat on the floor. Keep your affected knee straight. Repeat the quad set as instructed above then slowly raise the leg. Do not raise the affected leg higher than the knee on the unaffected side.



### **Heel Slides**

Sit with your legs straight in front of you and unlock the brace. Grip the hinges of your brace and pull up on them slowly to bend your knee. Bend your knee as far as you can within your pain limits or as far as your brace allows. Hold position for two to three seconds. Slowly lower the leg by pushing down on the hinges. Repeat 20 times. Perform the exercises on a smooth surface and wear socks to decrease friction.



### **Seated knee extension**

Sit in a chair or lie on your back on a couch. If sitting, place the heel of the affected leg on a chair in front of you. If lying down, place the heel on the arm of the couch. Allow the affected knee to straighten gradually. Hold position for three to five minutes.

### **Ankle pumps**

Lie on your back with your legs straight. Bend your ankles to point your toes up toward your body, then down away from your body. Repeat 10 times.