

Supine Quadricep Sets



Setup

Begin lying on your back on a bed or flat surface with your legs straight.

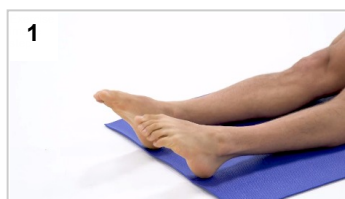
Movement

Tighten the muscles in the thigh of your surgical leg as you straighten your knee. Hold, then relax and repeat.

Tip

Make sure to keep your toes pointing toward the ceiling during the exercise. Try to flatten the back of your knee towards the bed.

Supine Ankle Pumps



Setup

Begin lying on your back with your legs straight.

Movement

Slowly pump your ankles by bending and straightening them.

Tip

Try to keep the rest of your legs relaxed while you move your ankles.

Supine Short Arc Quad



Setup

Begin lying on your back with a towel roll under one knee with your heel resting on the ground.

Movement

Tighten the muscles in your upper leg to straighten your knee, hold, then return to the start and repeat.

Tip

Make sure to keep your back flat against the floor as you move your leg.

Supine Heel Slide



Setup

Begin lying on your back with your legs straight.

Movement

Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

Tip

Make sure not to arch your low back or twist your body as you move your leg.

Supine Straight Leg Raises



Setup

Begin lying on your back on a bed or flat surface with your surgical leg straight and your other leg bent.

Movement

Pull your toes toward your body, keeping your knee straight, and slowly lift your surgical leg off the bed until it is close to parallel with your other thigh. Hold briefly, then lower it back down to the starting position and repeat.

Tip

Make sure to keep your thigh muscles tight and your knee straight. Do not turn your foot or hip in or out during the exercise.

Supine Heel Slide with Strap



Setup

Begin lying on your back with your legs straight, holding the ends of a strap that is looped around the bottom of one foot.

Movement

Pull on the strap, sliding your heel toward your buttocks, then slide your heel back to the starting position and repeat.

Tip

Make sure you keep your back flat against the bed during the exercise.

Seated Long Arc Quad



Setup

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

Seated Heel Slide



Setup

Begin sitting upright with your surgical leg straight forward, foot resting on the floor.

Movement

Slowly slide your heel backward, bending your knee as far as you can. Hold briefly, then return to the starting position and repeat.

Tip

Make sure to keep your foot in line with your leg and do not let your foot rotate outward or inward during the exercise.