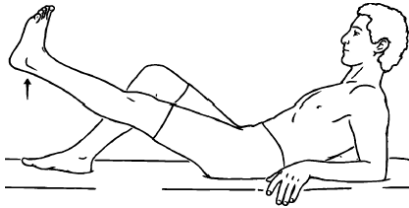


Post-Operative Exercises for Knee Arthroscopy

Straight Leg Raises:

Lie on the floor, supporting your torso with your elbows as shown. Keep the injured leg straight and bend the other leg at the knee so that the foot is flat on the floor. Tighten the thigh muscle of the injured leg and slowly raise it 6 to 10 inches off the floor. Hold this position for 5 seconds and then relax. Perform 3 sets of 20 repetitions, 4 to 5 days a week, continuing for 3 to 4 weeks.



Ankle Pumps:

While seated or lying on the floor pump your ankle on your injured leg by pointing your toes down and then bringing them toward your chest. Perform 3 sets of 20 repetitions, 4 to 5 days a week, continuing for 3 to 4 weeks.

