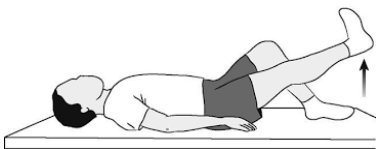


Dr. Hagan Post Arthroscopic Knee Surgery Exercises

Please begin exercises immediately after surgery

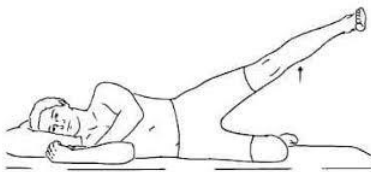
Do entire program 2 times daily

1. Four point shrug exercises



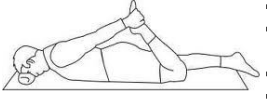
- a. Lie on your back with your unaffected knee bent with foot flat on floor and your affected leg straight, resting on floor
 - i. Tighten the quadriceps muscle as hard as possible with the leg extended
 - ii. Without relaxing the muscle, tighten it the second time
 - iii. Without relaxing the muscle, lift the leg and tighten it the third time
 - iv. Without relaxing the muscle, put the leg halfway down and tighten the fourth time. Return leg to floor and relax
- b. Do exercises for 20 repetitions

2. Hip Abduction



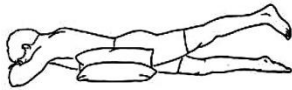
- a. Lying on unaffected side, bend bottom leg toward chest for balance. Lift top leg toward ceiling, keep knee straight and point toe. Repeat for 50 repetitions

3. Quad stretch



- a. Laying face down, bend affected knee, bringing heel towards buttocks. *DO SLOWLY*. Hold for a few seconds, and then relax. Do 10 repetitions

4. Straight leg raise (prone)



- a. Laying face down, lift affected leg straight up toward ceiling, keeping knee straight and hips down. Repeat for 50 repetitions

5. Seated hip flexion



- a. Sitting, with affected knee bent at 90 degrees. Lift knee towards ceilings. Do not lean back. Do 50 repetitions.