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Patient: ANY PATIENT

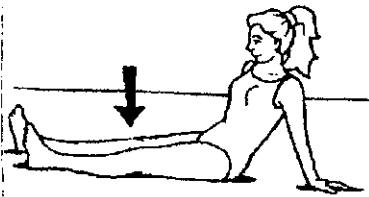
Prescribed by: Lesley J. Anderson, MD 11/19/2005

Protocol: POSTOP ARTHROSCOPY-

General Instructions: PERFORM THESE EXERCISES TWICE A DAY AND ICE AFTER.

HK58 Quadriceps sets

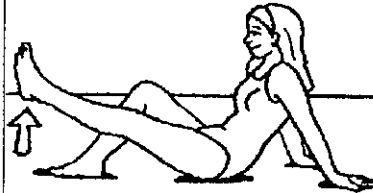
Tighten muscles on top of thigh as if attempting to push knee down into floor.



Hold 10 seconds. Relax.
Repeat 20 time(s).
Do 2 session(s) per day.

HK38 Straight Leg Raise (3)

While lying back on hands as shown tighten stomach muscles, pull foot toward your head, then slowly lift leg 6 - 12 inches from floor keeping knee straight. Hold for 4 seconds then lower and rest 5 seconds.



Repeat 20 time(s) on each side.
Do 2 session(s) per day.

HK35 Supine Heel Slides

Slide heel towards buttocks as shown, bending at the hip and knee.



Repeat 20 time(s) on each side.
Do 2 session(s) per day.

HK45 Side-lying Hip Abduction

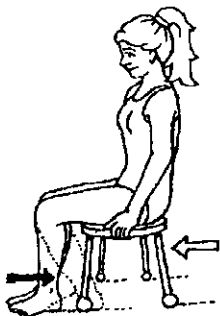
While lying on side, slowly lift top leg 10 - 24 inches away from floor.



Repeat 20 time(s) on each side.
Do 2 session(s) per day.

HK15 PROM for Knee Flexion

While seated on rolling chair, firmly plant involved leg onto floor and gently push into floor until the knee bends and a stretch is felt.



Hold each stretch 10 seconds.
Repeat 20 time(s).
Do 2 session(s) per day.

BACKPACK EXTENSION

Three times a day, sit with your leg propped up on a stool with a backpack filled with about 3-5 pounds to stretch your knee straight. Hold at least 10 minutes if possible



A bird will
stay on
stool.