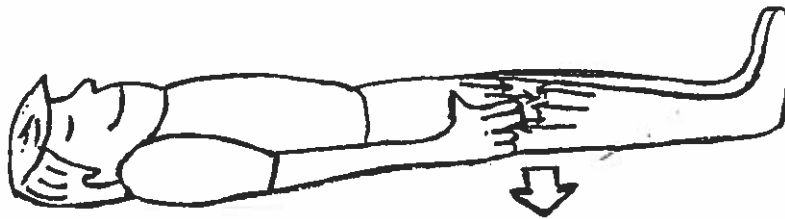


Leg Exercises

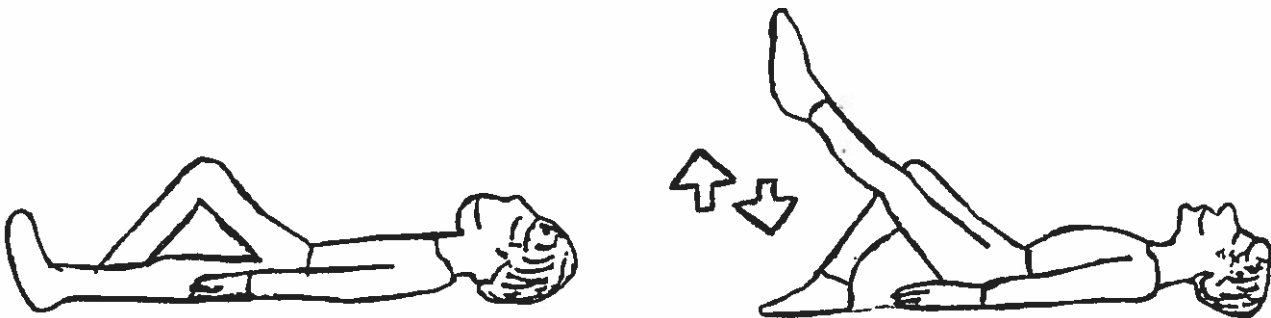
QUAD SETS:

Lie on back with injured knee flat and straight. Tighten muscle on front of thigh by trying to push back of knee into floor. Feel for muscle tightening with your hand. Hold for 5 to 10 seconds. Relax.



STRAIGHT LEG RAISE:

Lie on back. Bend up good leg. Do a quad set, as above, with injured leg. Lift leg up straight off mat or bed and hold 5 to 10 seconds. Thighs of injured and good leg should be even. Hold knee completely straight. Lower slowly and relax.



Start with 25 repetitions, initially, of each exercise. Progress to 50, 75, and 100 repetitions, as tolerated. Exercises should be done 3 times per day, as tolerated.