

Notes :**1 Elevate**

Elevate (raise or prop up) your leg at all times when sitting or lying down. When elevating, your legs should be completely straight. Place a cushion length ways under your leg, with an extra cushion under your foot to keep your knee straight (do not place cushions under a bent knee). Be sure your knee is above your heart level.

2 Passive knee extension

Lie on your back with a towel rolled under your ankle.
Relax your knee and allow knee to stretch into extension.

3 Active dorsiflexion/plantarflexion

Sit on a table or a firm bed with your legs straight and ankles over the edge.
Perform a dorsiflexion and plantarflexion alternately by bringing your toes toward you and away from you.

4 Seated calf stretch

Sit down with one leg outstretched and the other bent.
Place a strap around the ball of your outstretched foot and hold the ends of the strap in your hands.
Pull up against the strap until you feel a stretch at the back of your leg.
Maintain the position.
Repeat the above with your other leg.

5 Isometric knee extension

Sit with your knee supported on a rolled towel.
Contract your thigh muscle (quadriceps) to push your knee down on the towel without lifting your foot off the ground.
Relax and repeat.

6 Gravity assisted knee flexion

Start in seated position on bed with affected leg in full extension. Place good leg's foot under affected leg's heel. Spin to seated position off the side of the bed. Let affected leg fall into flexion, assisted by good leg.
Hold position for 10 seconds. Use good leg to extend affected leg back into full extension and repeat.