

## Appendix

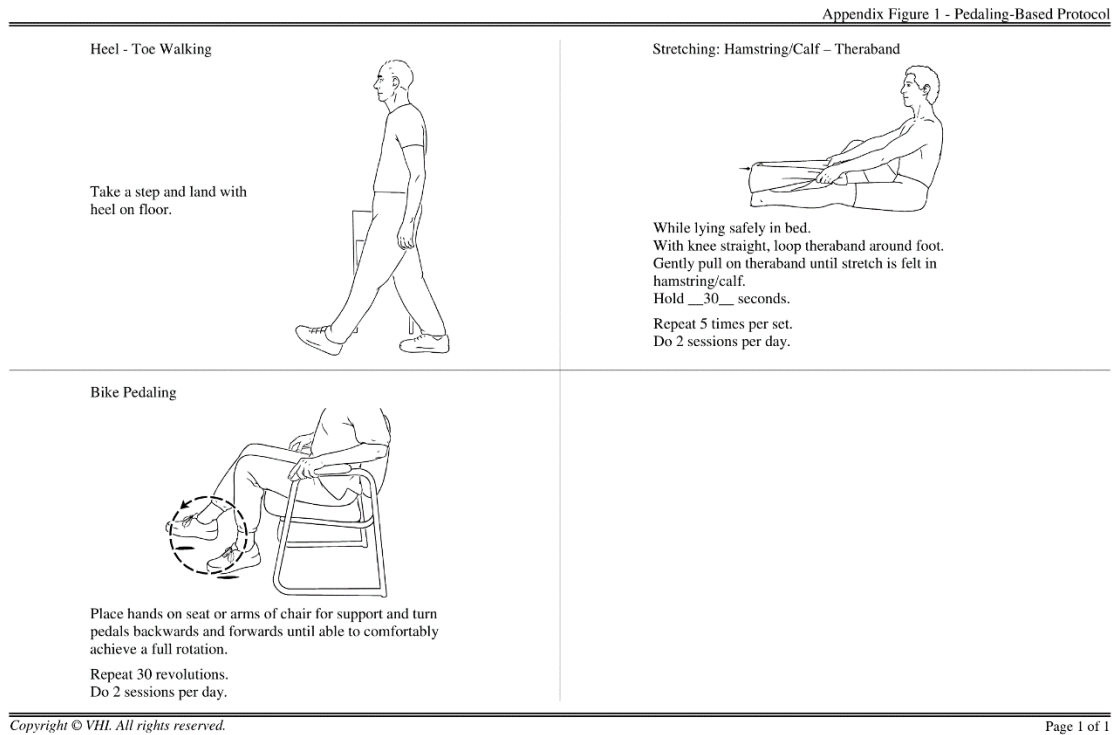
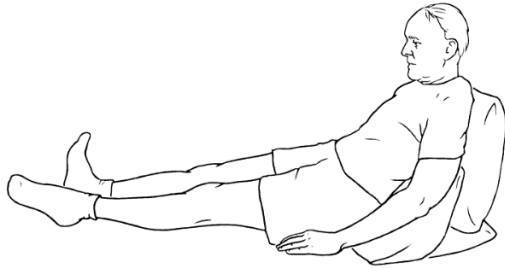


Fig. E-1  
Pedaling-based exercise protocol. (Reproduced with permission of Visual Health Information. Copyright © VHI. All rights reserved.)

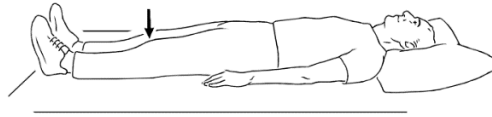
Appendix Figure 2 - Multi-Exercise Protocol

ANKLE PUMPS



Bend ankles up and down, alternating feet.  
Repeat 10 times. Do 2 sessions per day.

THIGH MUSCLE CONTRACTION



With leg out straight tighten quadriceps by pushing back of knee into surface. Hold 3-5 seconds.  
10 reps per set, 2 sets per day

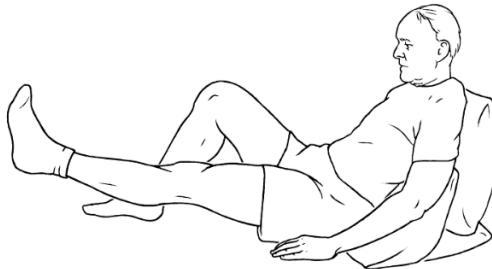
HEEL RAISE WITH TOWEL ROLL UNDER KNEE



Lying on back with rolled towel (about 6 inches wide) under knee, slowly straighten knee to fully extended (straight) position. Hold 3-5 seconds, then relax. Repeat with other knee.

Repeat 10 times. Do 2 sessions per day.

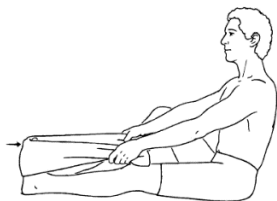
STRAIGHT LEG RAISE



Keep operated leg as straight as possible and tighten muscles on top of thigh. Slowly lift straight leg off the bed and hold 3-5 seconds. Lower it, keeping muscles tight. Relax.

Repeat 10 times. Do 2 sessions per day.

KNEE/CALF STRETCH



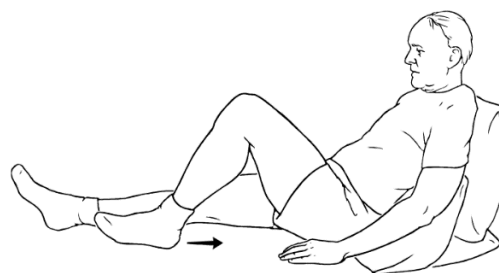
Sit with knee straight and theraband or towel looped around foot. Gently pull on towel and push knee down into bed until stretch is felt behind knee.

Hold 30 seconds.

Repeat 5 times

Do 2 sessions per day.

HEEL SLIDE KNEE BENDS



Bend knee and pull heel toward buttocks.

Repeat 10 times. Do 2 sessions per day.

Fig. E-2A

**Figs. E-2A and E-2B** Multi-exercise protocol. (Reproduced with permission of Visual Health Information. Copyright © VHI. All rights reserved.)

Appendix Figure 2 - Multi-Exercise Protocol

SEATED KNEE BENDS

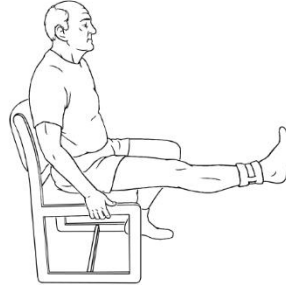
Keeping feet on floor, slide foot of operated leg back, bending knee. Use other leg to assist if needed.

Hold 30 seconds.

Repeat 10 times.  
Do 2 sessions a day.



KNEE SEATED EXTENSION



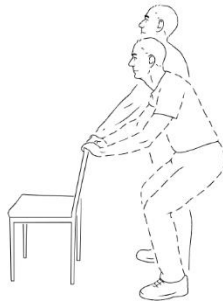
Straighten operated leg and try to hold it 3-5 seconds.

Repeat 10 times. Do 2 sessions a day.

SUPPORTED MINI-SQUAT

Stand behind chair or table.  
Stance: shoulder-width on floor.  
Bend hips and knees.  
Keep back straight.  
Do not allow knees to bend past toes. Squeeze glutes and quads to stand.

10 reps per set,  
2 sets per day,



STANDING HEEL RAISE

Standing, place feet apart.  
Hold arms out for balance or use support. Rise up on toes.

Repeat 10 times.  
Do 2 sessions per day.



Fig. E-2B