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HIP PRESERVATION AND REPLACEMENT

PEDIATRIC ORTHOPAEDICS

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Home Exercises After Knee Arthroscopy



Extension exercise: Place one hand on top of your thigh and grasp the towel with your other hand. Pull up on the towel while pushing down on your thigh, lifting your heel off the bed. Try and obtain maximum knee extension (straightness)



Flexion Exercise: Place one hand behind your thigh and pull up, while simultaneously pulling on the towel. Try to slide your heel up the bed. This flexes (or bends) your knee. Sometimes making a mark on the sheet, where your heel ended up, helps keep track of your progression.

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