



Dr. Hagan Post Arthroscopic Knee Surgery Exercises

Please begin exercises immediately after surgery

Do entire program 2 times daily

1. Four point shrug exercises
 - a. Lie on your back with your unaffected knee bent with foot flat on floor and your affected leg straight, resting on floor
 - i. Tighten the quadriceps muscle as hard as possible with the leg extended
 - ii. Without relaxing the muscle, tighten it the second time
 - iii. Without relaxing the muscle, lift the leg and tighten it the third time
 - iv. Without relaxing the muscle, put the leg halfway down and tighten the fourth time. Return leg to floor and relax
 - b. Do exercises for 20 repetitions
2. Lying on unaffected side, bend bottom leg toward chest for balance. Lift top leg toward ceiling, keep knee straight and point toe. Repeat for 50 repetitions
3. Laying face down, bend affected knee, bringing heel towards buttocks. *DO SLOWLY*. Hold for a few seconds, and then relax. Do 10 repetitions
4. Laying face down, lift affected leg straight up toward ceiling, keeping knee straight and hips down. Repeat for 50 repetitions
5. Sitting, with affected knee bent at 90 degrees. Lift knee towards ceilings. Do not lean back. Do 50 repetitions.