

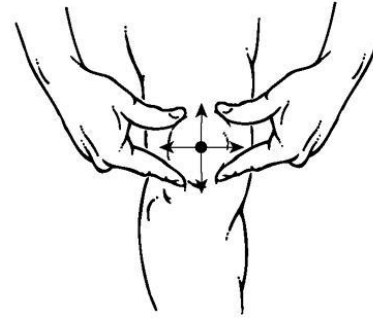
Date:  
Patient Name:

### RANGE OF MOTION • BIKE



1. Sit on the bike in a comfortable position.
2. Use the leg that did not have surgery to assist in regaining motion in the knee that had surgery. Push the pedals of the bike backward and forward to help stretch the knee and regain motion.

### PATELLA • Self Mobilization



1. Sit with your knee straight out in front of you.
2. Grasp your kneecap with the thumb and index finger of both hands as shown in the drawing.
3. Slide your kneecap toward the inside and outside of your leg, toward your hip, and toward your toes as shown.
4. Hold each position for \_\_\_\_\_ seconds.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.