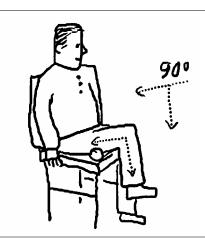
Greenwich Hospital

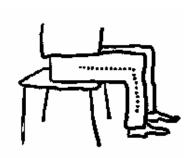
TOTAL KNEE MOBILITY

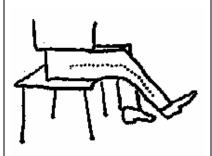






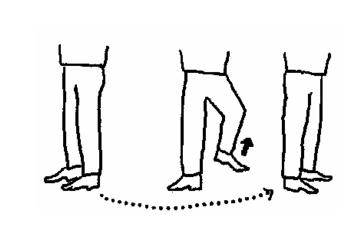
Bend your knee as much as you can each day.







Practice bending your knee and then straightening it as much as you can.





Lift your foot off the floor as you turn.

Avoid twisting motions.

For more Patient Education Fact Sheets, see the Greenwich Hospital web site at www.greenhosp.org and click on Patients & Visitors, then Patient Education Rev. 9/04