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

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Fig. E-2B