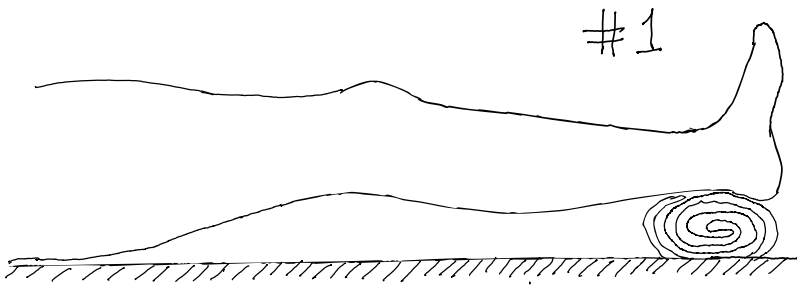
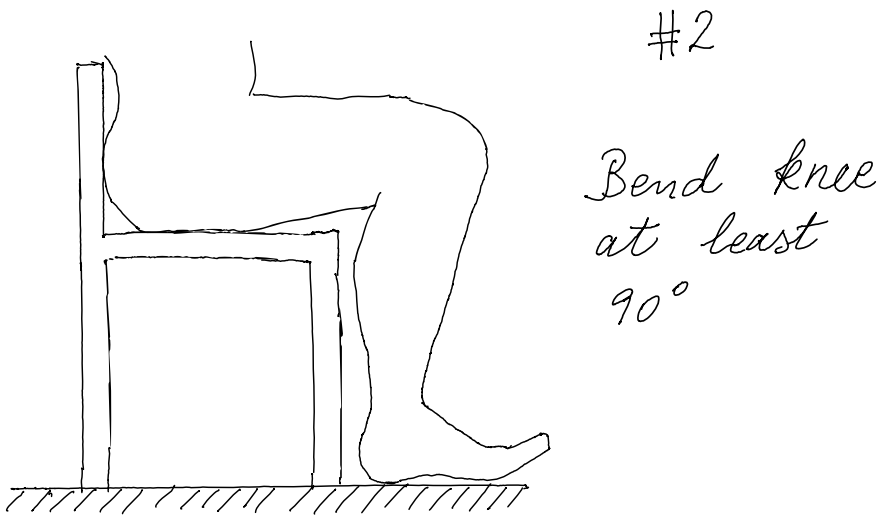


The 2 indispensable exercises  
after knee replacement: must  
do 3 times daily, after breakfast,  
lunch, and dinner



*Extend knee fully*

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*Bend knee  
at least  
90°*

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