



## LRU PILLOW



The LRU pillow was developed to control and/or reduce swelling in the lower extremity. It also is specially designed to assist in keeping the knee straight while resting. This is especially important immediately following a knee surgery. Position the involved leg in the trough located on top of the pillow. The heel should be suspended just beyond the end of the pillow. It is important to keep the knee straight with the knee cap pointing towards the ceiling.

Do not attempt these exercises without first being cleared by our physicians.

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