

KNEE EXERCISES

PASSIVE RANGE OF MOTION (ROM) AND STRETCHES

Passive Range of Motion (PROM) - Patella glide

With your index fingers on base of patella, gently pull your knee cap superior (towards head). Repeat in all directions: inferior (towards toes), laterally (outward), medially (inward).

2 minutes
Repeat 4-6 x/ daily



Passive Range of Motion - Knee Extension

Lie on your back. Place a small box or a few books under your heel. Relax your leg. Sit for 5-10 min.

Relax & hold 5 min
Repeat 2-3 times/day



Passive Range of Motion - Flexion and Extension

Extension: Sit on edge of table with both your legs hanging. Place the laces of your strong leg behind the heel of your injured leg. Extend bottom leg upward towards straight.

Flexion: Repeat by placing your strong heel over the laces of your injured leg's foot. Use your strong leg to bend your injured limb.

Hold 10 seconds
-Relax-
Repeat 5 times

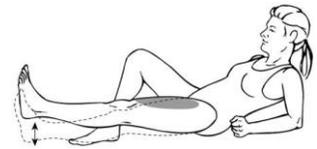


STRENGTHENING EXERCISES: Start with 1 set of 10 – 15 repetitions, increase to 3 sets as tolerated over 7-14 days

Quad Set

Lay on your back with your legs extended. With your uninjured leg pull your toes upward towards your shins, press downward with your knee caps, this will contract your quads. While holding this contraction, repeat with your injured leg. Both quadriceps muscles should be contracting at the same time, hold for 10 seconds.

Hold 10 seconds
-Relax-
Repeat 10 times



Straight Leg Raises (Isometric)

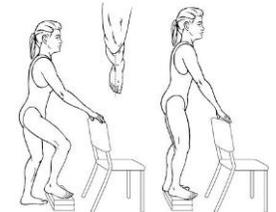
Lay on your back with your injured leg extended. Contract quadriceps muscle as strong as possible. Slowly lift heel 4-6" off the ground. Hold at peak. **Alternative foot position:** point toes outward 30 degrees.

Hold 10 seconds
-Relax-
Repeat 10 times

Step Ups

You will need a step 6" high and a chair/wall for balance. Stand in front of the step. Place your hands on the chair/wall. Step up on the stair, completely extend the leg (opposite leg will lift off of floor). Slowly bend your knee and lower back to ground. Throughout motion, do not let big toe go in front of your knee.

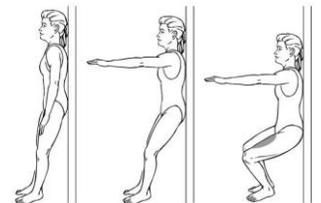
Slowly stand
-Hold-
Control flexion,
return to start position



Wall Sit

Stand against wall with feet 18" away from wall and hip distance apart. Slide your hips downward to about 45°-60°, hold. Be sure to keep knees behind toes and maintain the knees in line with the big toes. Make sure the knees do not come towards mid-line. Increase time by 10 seconds increments. Goal 2 min

Hold 45 seconds
-Relax-
Repeat 3 times



Forward Lunge

Start with one hand on a counter top for stability. Step one leg forward so your feet are 2 feet apart. Slowly lower your hip 3-4 inches downward. Be sure your front knee does not go beyond the tips of the toes. After 10 repetitions, switch your legs so the other leg is now in front, repeat.

3 sets
10-15 repetitions
Repeat 3x/day

