

Knee Exercise Program

Patient's Name _____

Date _____

Physical Therapist _____

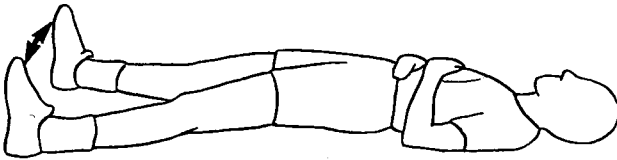
Therapist's phone _____



1. Quad sets

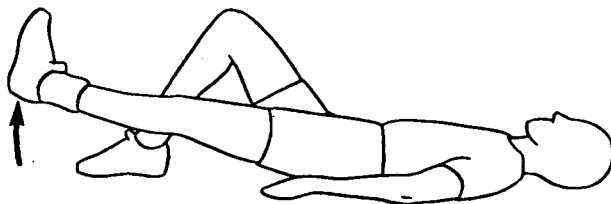
Lie on your back with both legs straight, toes pointing up towards the ceiling. Slowly push the back of your knee **down** as you tighten your quads. **Hold** for a count of five. Relax. Repeat _____ times.

You can place a small roll under your ankle and perform the same exercise. This will help provide a better stretch to the back of your knee.



2. Hip abduction and adduction

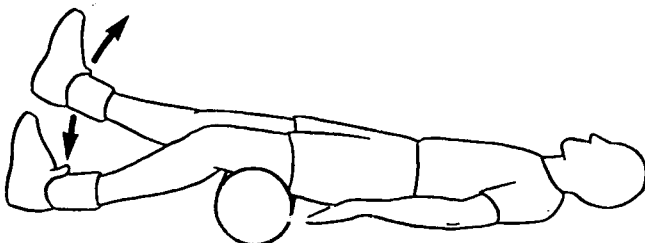
Lie on your back with both legs straight. Keeping your toes up and your knee tight, slowly slide your leg out to the side (away from the opposite leg), then back in. Try to prevent your leg from rotating out as you perform this motion. Do _____ sets of _____ repetitions.



3. Straight leg raises

Lie on your back with your _____ knee bent and your _____ knee straight (toes up). Slowly raise your _____ leg, then lower it, keeping your knee as straight as possible throughout the exercise. Do _____ sets of _____ repetitions.

As this becomes easier, gradually decrease the speed at which you perform this exercise. Eventually, you may progress to performing this exercise using a cuff weight.



4. Terminal knee extension

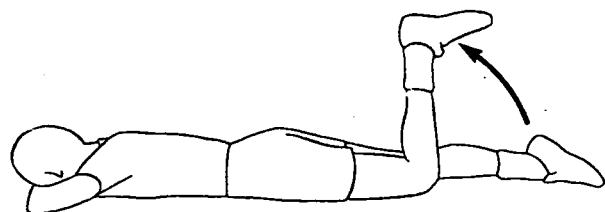
Lie on your back with a roll under your thighs. Keeping your thigh on the roll, slowly straighten your knee as much as possible (toes up). **Hold** for a count of five, then lower. Do _____ sets of _____ repetitions.

This exercise also should be slowed down as you get stronger. When you can fully extend (straighten) your knee, you may also use a cuff weight when doing this exercise.

5. Knee flexion and extension

Lie on your stomach and, if needed, place a towel pad under your thigh, just above the knee joint. Slowly bend your knee as much as possible. **Hold**, then straighten your leg.

Do ____ sets of ____ repetitions.



To improve your knee flexion, you can stretch yourself by using your opposite leg to give a slow, sustained stretch. **Do not bounce.**

To improve your knee extension, lie with your feet hanging over the end of a bed for a sustained hold. You may also give a slow, sustained overstretch with your opposite leg.

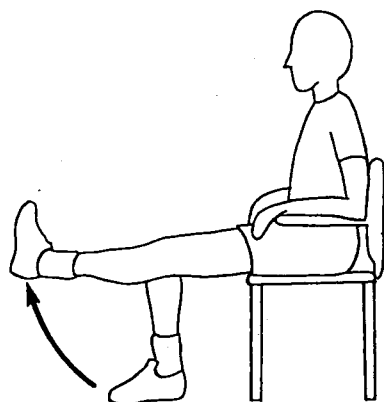
6. Knee terminal extension

Lie on your stomach with a roll under your ankles. Slowly push your shin down into the roll as you tighten your quads, straightening your knee. **Hold** for a count of five. Relax, allowing your knee to bend. Avoid arching your low back or hiking your hip during this exercise. Do ____ sets of ____ repetitions.



7. Knee extension and flexion

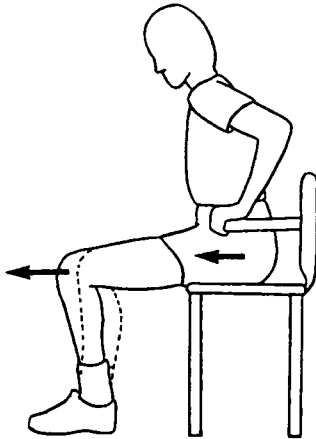
Sit on a firm chair so that your thigh is stabilized (you may need to use a towel under your thigh just above the knee). Slowly straighten your knee as much as possible without raising your thigh off of the chair (toes up). **Hold**, then bend your knee as far as you can. Remember to try to sit level and don't hike your hip. Do ____ sets of ____ repetitions.



To improve your knee flexion, perform the following:

❑ Sit toward the edge of a chair with your foot flat on the floor (you may want to place a towel or cloth under your foot). Slowly slide your heel back as you bend your knee further. **Hold**, then straighten your knee as you slide your foot forward. Try to stay level and do not hike your hip.

❑ Flex (bend) your knee, then use your opposite leg to give a slow sustained stretch. **Do not bounce.**



❑ Sit with your foot planted on the floor. Without moving your foot, slowly shift your weight forward from the hip (scoot forward). This will further flex your knee. **Hold**, then slowly ease off.

To improve your knee extension, perform the following:

Sit with your foot elevated on a stool or chair in front of you. Keep your toes pointing straight up toward the ceiling, then tighten your knee (do a quad set). You may use your hand to provide a gentle over-pressure on your thigh just above the knee. Next, keeping your back tall, slowly lean your body forward. **Hold**, then relax. Remember stretching is most effective when performed slowly. **Do not bounce.**

