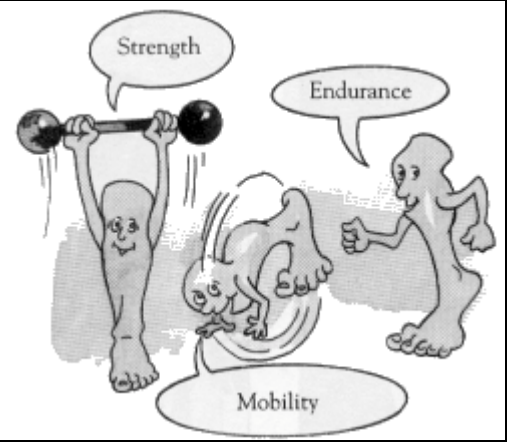


Knee Exercises

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Exercise is the most effective thing you can do either to maintain or restore normal knee biomechanics. Here are a few suggestions for knee exercise programs.

1. If recovering from a knee problem, do only those exercises recommended by your doctor. Follow instructions carefully.
2. To maintain healthy knees, start with gentle exercises and build up gradually to more advanced ones.
3. Avoid exercising too hard, too soon.
4. Pain while doing exercise needs to be discussed with your doctor.
5. To increase muscle strength, exercise slowly.



Leg Lifts.

Lie flat with leg straight. Keep other leg bent to protect lower back. Slowly raise straight leg about 24" off floor, keep leg as straight as you can. Hold position for 5 seconds, then let leg down slowly. Rest for 5 seconds. Repeat.

Do 8 repetitions, 2 times per day.



Quadriceps "Setting."

Lie down with injured knee straight and flat. Tight front thigh muscle (quadriceps) by trying to push the back of knee to the floor. Make leg as stiff as possible. Feel for muscle contraction with your hand. Hold 5 seconds, relax for 5 seconds, then repeat 8 times. Do 2 times per day.



Hamstring Tightening.

To strengthen back thigh muscles (hamstrings), press down with heel instead of the back of the knee.

Do 8 repetitions, 2 times per day.

Leg Straightening.

Sit on table with feet flat on a chair or bench, and a rolled towel under the injured knee. Lift foot slowly until leg is completely straight. Hold 5 seconds. Let foot back down slowly. Rest for 2 seconds. Repeat. Note: You can also add some weight as in the diagram.

Do 8 repetitions, 2 times per day. Use 5-10 pounds of added weight, if necessary.



Leg Bending.

Lie on stomach, both legs straight. Bend injured kness back to make a right angle (or as far as you can). Hold 3 seconds, then let foot down slowly. Rest 2 seconds. Repeat.

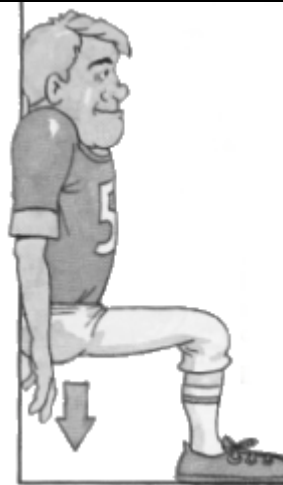
Do 8 repetitions, 2 times per day.



Wall slides.

Stand with feet placed 12-15” From the wall and lean back against wall. Keep back flat against wall, with legs straight. Slowly slide down wall until kness are slightly bent. Slowly push back up the wall until legs are straight. Repeat. Note: as you get stronger, gradually increase the bend in your knees.

Do 8 repetitions, 2 times per day.



Step Ups.

Find a small object, such as a book or a board, that will hold your weight. Step on top of it with your injured leg until leg is straight. Step down, then repeat. Note: As you get stronger, you can increase the size of the step.

Do 8 repetitions, 2 times per day.

