

Austin Bone and Joint Clinic

Knee Exercises

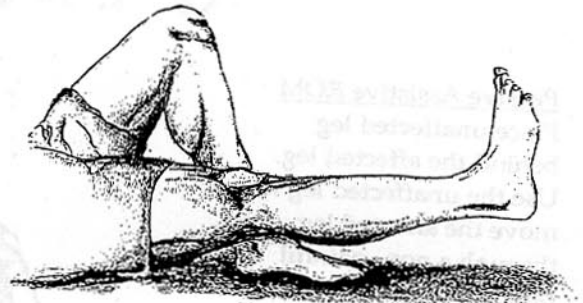
1. Apply moist heat to knee for about 2-3 minutes prior to exercise, example: hot towels, hot pack, hot shower, etc.
2. Exercise: Perform _____ sets of _____ repetitions of each instructed exercise two time per day.
3. Apply an ice pack or ice massage for 2-3 minutes after exercise to prevent inflammation and swelling.

Straight Leg Raises

Raise the affected leg up about 6 to 10 inches for a count of 10, then relax for a count of 10.



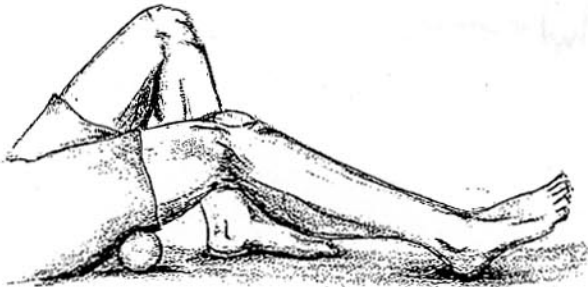
PL. 040 ©



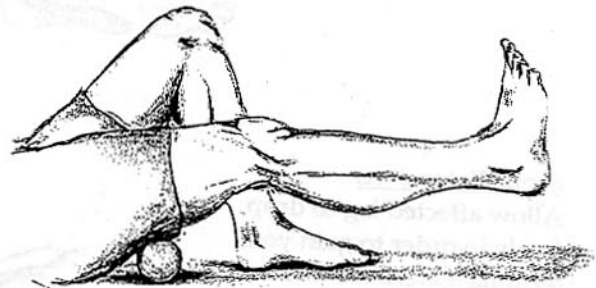
PL. 040 ©

Short-Arch Quads

Small roll under the affected thigh then elevate the heel for a count of 10, then relax for a count of 10.



PL. 040 ©



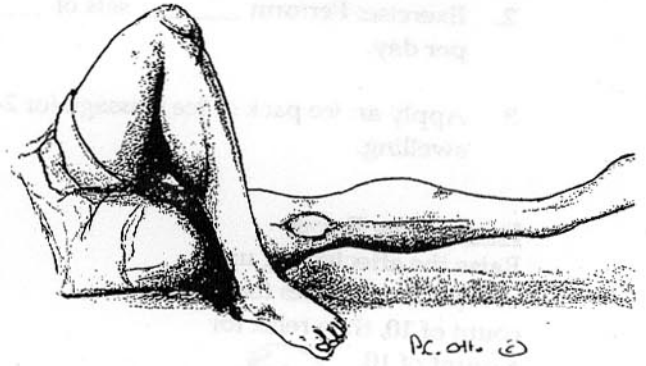
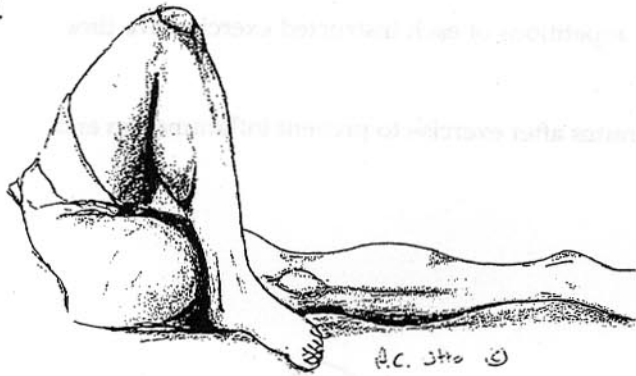
PL. 040 ©

Hamstring Isometrics

Small roll under the affected thigh, then push down with your heel for a count of 10 then relax for a count of 10.

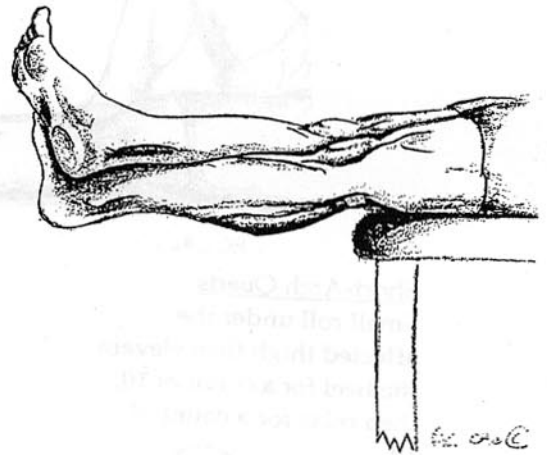
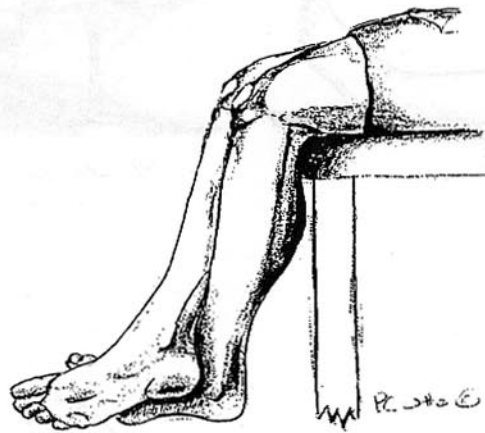
Adduction

Place unaffected leg over the affected leg. Elevate the affected leg for a count of 10 then relax for a count of 10.



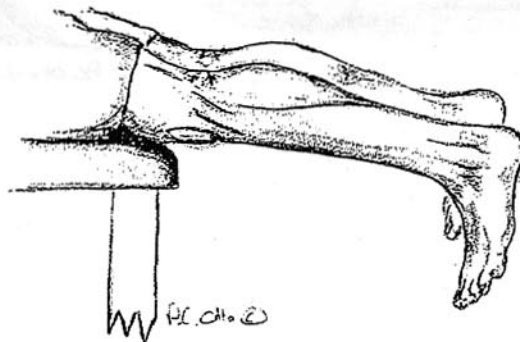
Passive Assistive ROM

Place unaffected leg behind the affected leg. Use the unaffected leg to move the affected leg through a non-painful range of motion.



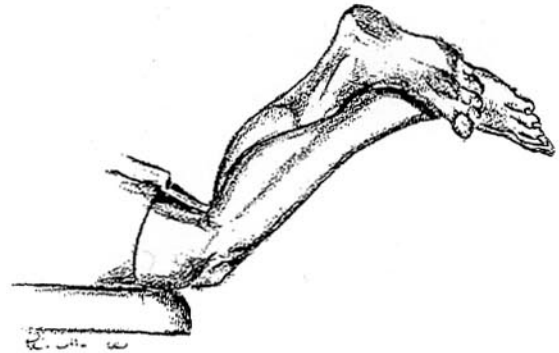
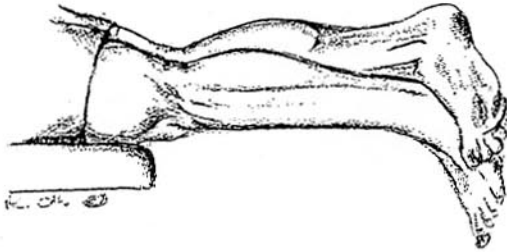
Prone Extensions

Allow affected leg to drop freely in order to gain your terminal extension of the knee for 15 to 30 seconds, then relax.



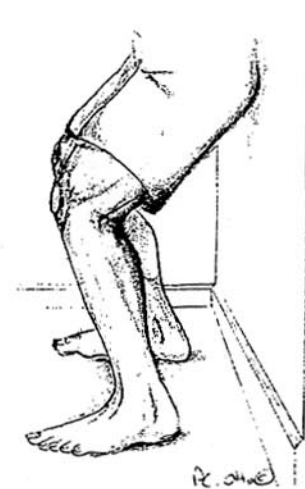
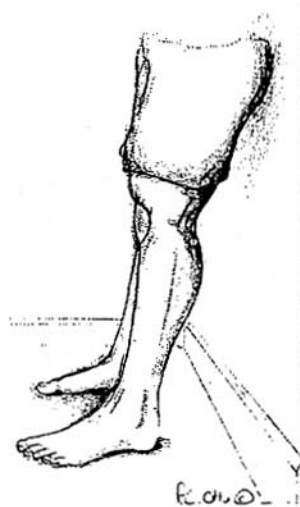
Hamstring Curls

Cross the unaffected leg over the affected leg, then resist with the unaffected leg as the affected leg bends.



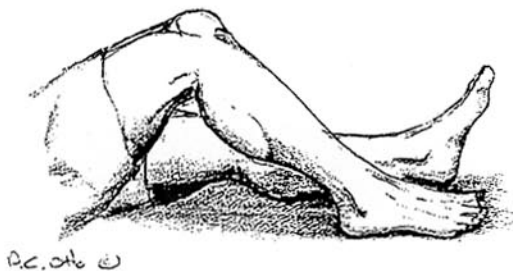
Wall Squats

Feet shoulder width apart, then squat down sliding against wall. Only a quarter squat for a count of 10 then straighten for a count of 10.



Heel Slide

Slide heel toward buttocks.



Passive Flexion

Holding hand behind the affected thigh and allowing gravity to flex the affected knee for 15 to 30 seconds then relax.

