

KNEE PROGRAM

1. Patella Mobilization

WITH LEG STRAIGHT AND THIGH MUSCULATURE RELAXED, PLACE THE FINGER OF EACH HAND ON EITHER SIDE OF PATELLA (KNEECAP) AND GENTLY MOBILIZE THE PATELLA SIDE-TO-SIDE FOR 1 - 2 MINUTES. REPEAT, MOBILIZING PATELLA UP & DOWN FOR 1 - 2 MINUTES.

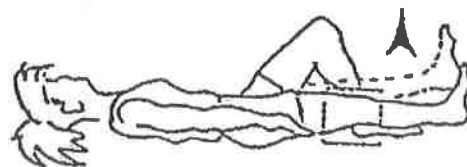
2. Quadriceps Contraction (Quad Set)

STRAIGHTEN THE KNEE BY TIGHTENING THE THIGH MUSCLE. IT IS IMPORTANT TO MAKE SURE THE KNEECAP MOVES AND THE TENDON BELOW THE KNEECAP TIGHTENS. PERFORM THE EXERCISE 30 TIMES, 3 TIMES PER DAY, OR THROUGHOUT THE DAY AS MUCH AS POSSIBLE.

3. Straight Leg Raises

A. FLAT ON BACK

1. Bend one knee to a position of comfort.
2. Tighten the thigh muscle of the involved knee and lift _____ inches off the floor or bed.
3. Hold for _____ seconds, slowly lower and relax _____ times.
4. Increase to _____ repetitions as tolerated, 2 - 3 times per day.



B. SIT UP ON ELBOWS

1. RAISE INVOLVED LEG TO THE LEVEL OF OPPOSITE KNEE. DO NOT HOLD!
2. Return leg down slowly (approx. 3-5 secs)
3. Perform _____ sets of _____ repetitions 2 - 3 TIMES PER DAY.
4. Eventually progress the leg raises to _____ Repetitions.



C. SIT ALL THE WAY UP WITH ELBOWS STRAIGHT

1. EITHER SIT WITH ELBOWS STRAIGHT OR LEAN AGAINST THE WALL.
2. DO NOT lift the leg any higher than 6 inches Off the floor.
3. Lift the leg NONSTOP _____ times, then relax.
4. Perform the exercise _____ sets of _____ repetitions.
5. Eventually progress the leg raises to _____ sets of _____ repetitions as the exercise becomes easier.



KNEE EXERCISES, CONTINUED

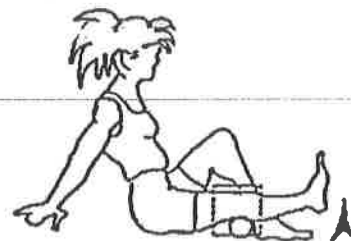
6. HIP ADDUCTION

1. Lie on your side with the involved leg on the bottom.
2. Place the foot of un-involved side on the surface in front of you, as close to the waist as possible.
3. Lock the knee of the involved knee and lift the foot as high as possible.
4. Hold for _____ seconds, lower SLOWLY, then repeat.
5. DO _____ SETS OF _____ REPETITIONS 2-3 TIMES PER DAY, WITH _____ LBS. PLACE JUST ABOVE THE _____.



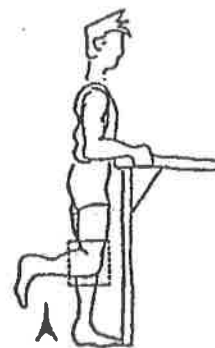
5. Terminal Knee Extensions

1. Place a Towel roll under the knee the size of your fist.
2. Push the back of your knee into the towel and pick the heel up, only _____ inch off the floor/bed.
3. HOLD for _____ seconds, slowly lower and relax _____ times.
4. Increase to _____ repetitions as tolerated.



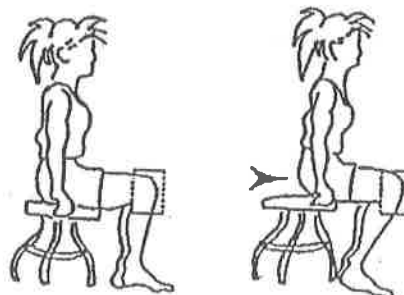
6. KNEE FLEXION (HAMSTRING CURLS)

1. Stand with thigh next to a table.
2. Bend your knee to 90E.
3. Hold for _____ seconds, lower SLOWLY, And relax _____ times.
4. Increase to _____ repetitions as tolerated, 2-3 times per day.



7. CHAIR FLEXION

1. Place leg in a comfortable position.
2. Slide out to edge of chair - bending the knee.
3. Hold _____ seconds, _____ times, 2-3 times per day.



KNEE EXERCISES, CONTINUED

8 ISOMETRIC HAMSTRING CONTRACTIONS

7. In a sitting position - bend your knees.
8. Flex the foot and toes back towards your other leg.
3. Press your heel back towards your non-involved leg and HOLD ____ seconds, ____ times.



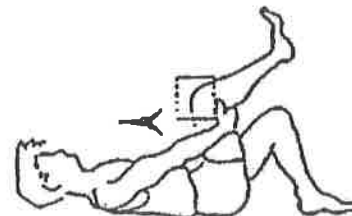
9. Hamstring Stretch

1. Sit on edge of chair with knee straight.
2. Keep knee straight and lean over SLOWLY.
3. A tight feeling should be felt. (A stretch)
4. HOLD for ____ seconds and slowly relax. ____ times only 2-3 times per day.



10. LYING HAMSTRING STRETCH

1. BRING ARMS TOWARDS LEG WHILE BENDING OTHER LEG.
2. HOLD FOR ____ SECONDS, ____ TIMES
2-3 TIMES PER DAY.



11. Calf Raises

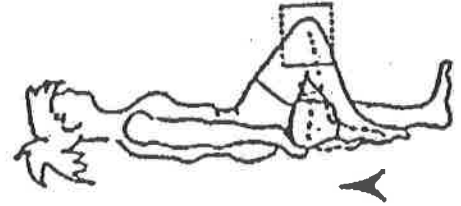
1. Stand with both knees straight.
2. Raise up on toes and HOLD ____ seconds, ____ times.
3. Increase to ____ repetitions as tolerated, 2-3 times per day.



KNEE EXERCISES, CONTINUED

12. Heel Slides

1. Lie on back with foot on the mat.
2. Slowly slide the foot towards your body as far as possible. Hold _____ seconds.
3. Use the other leg to assist it back up _____ times, 2 - 3 times per day.



13. Calf Stretch

1. Lean Against the wall, keeping one knee straight.
2. Bend the other knee and lean forward.
3. HOLD _____ seconds, _____ times
2 - 3 times per day.



14. Mini-Squat - 1/3 squat

1. Stand Straight, then bend knees.
2. HOLD for 3 seconds.
3. Return to standing position.

