KNEE EXERCISES

PERFORM CIRCLED EXERCISES

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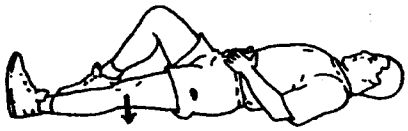
TIMES EACH DAY

1 QUAD SETS



Purpose: To strengthen your thigh muscles (quadriceps).

Tighten muscles in front of thigh by pushing the back of your knee down into the bed. Hold for a count of 5 and relax.

Repeat _____ times

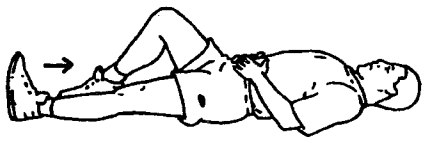
2 ANKLE PUMPS

Purpose: To strengthen and maintain ankle mobility.

Flex your ankle up and down by bringing toes up toward your head and then pointing toes down as far as you can.

Repeat _____ times

3 HEEL SLIDES

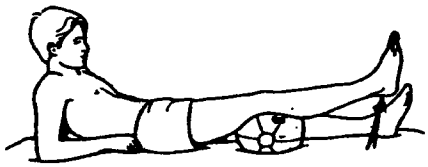


Purpose: To strengthen your thigh muscles and maintain knee mobility.

Bend knee towards hip by sliding heel along bed. Lower.

Repeat _____ times

4 SHORT ARC QUADS

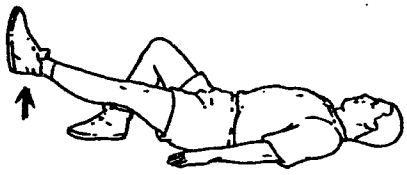


Purpose: To strengthen your thigh muscles (quadriceps).

Place towel roll under your knee. Raise foot to straighten your knee, then slowly lower.

Repeat _____ times

5 STRAIGHT LEG RAISE

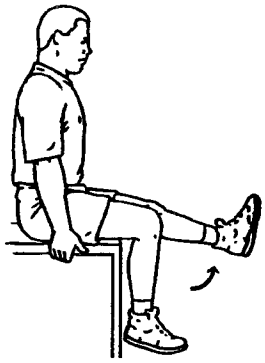


Purpose: To strengthen thigh muscles (hip flexors).

Keep knee straight and lift entire leg off bed. Let leg down slowly. (Have the opposite knee bent with foot resting on bed).

Repeat _____ times

6 SEATED KNEE EXTENSION

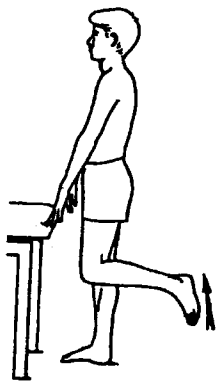


Purpose: To strengthen your thigh muscles (quadriceps).

Sit on chair or bed. Straighten knee as far as you can, then slowly bend knee as far as it will go.

Repeat _____ times

7 STANDING KNEE FLEXION



Purpose: To strengthen muscles in back of thigh (hamstrings).

Stand, holding on to steady surface (i.e. bedrail). Bend your knee as far as you can, then slowly lower.

Repeat _____ times

PRECAUTIONS

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