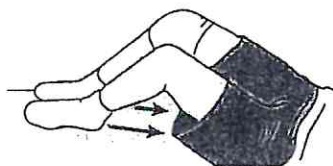


## BASIC KNEE EXERCISES

Your orthopaedic surgeon or physical therapist may recommend that you exercise for approximately 20 to 30 minutes, 2 or 3 times a day. They may suggest some of the exercises shown below. They may also advise you to engage in a walking program.

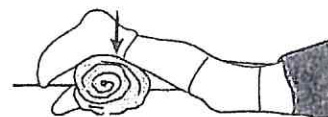


### **Hamstring Contraction**

No movement should occur in this exercise. Lie or sit with your knees bent to about 10 degrees. Pull your heels into the floor, tightening the muscles on the back of your thigh. Hold for 5 seconds, then relax. Repeat 10 times.

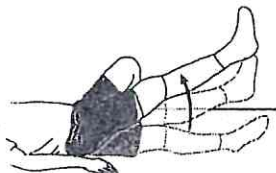
### **Quadriceps Contraction**

Lie on stomach with a towel roll under the ankle of your involved knee. Push ankle down into the towel roll. Your leg should straighten as much as possible. Hold for 5 seconds, then relax. Repeat 10 times.



### **Straight Leg Raises**

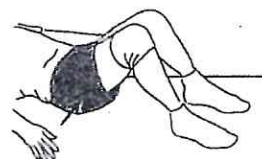
Lie on your back, with your uninvolved knee bent. Straighten your involved knee. Slowly lift leg about 6 inches, then hold for 5 seconds. Continue lifting in 6-inch increments, holding each time. Reverse the procedure, and return to the starting position. Repeat 10 times.



Advanced: Before starting, add weights to your ankle, starting with 1 pound of weight and building up to a maximum of 5 pounds of weight over 4 weeks.

### **Buttock Tucks**

While lying down on your back, tighten your buttock muscles. Hold tightly for 5 seconds, then relax. Repeat 10 times.



### **Straight Leg Raises, Standing**

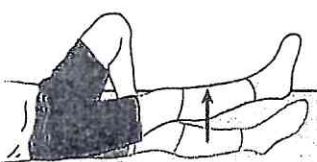
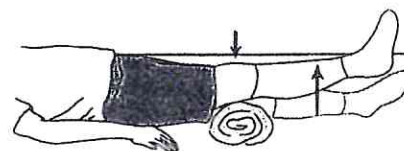
Support yourself, if necessary, and slowly lift your involved leg forward keeping your knee straight. Return to the starting position. Repeat 10 times.

Advanced: Before starting, add weights to your ankle, starting with 1 pound of weight and building up to a maximum of 5 pounds of weight over 4 weeks.

### **Terminal Knee Extension, Supine**

Lie on your back with a towel roll under your knee. Straighten your knee (still supported by the roll) and hold for 5 seconds. Slowly return to the starting position. Repeat 10 times.

Advanced: Before starting, add weights to your ankle, starting with 1 pound of weight and building up to a maximum of 5 pounds of weight over 4 weeks.



### **Straight Leg Raises**

Lie on your back, with your uninvolved knee bent. Straighten your other knee with a quadriceps muscle contraction. Now, slowly raise your leg until your foot is about 12 inches from the floor. Slowly lower it to the floor and relax. Perform 5 sets of 10 repetitions.

Advanced: Before starting, add weights to your ankle, starting with 1 pound of weight and building up to a maximum of 5 pounds of weight over 4 weeks.

### **Partial Squat, with Chair**

Hold onto a sturdy chair or counter with your feet 6-12 inches from the chair or counter. While keeping your back straight, slowly bend your knees. DO NOT go any lower than 90 degrees. Hold for 5-10 seconds. Slowly come back up. Relax. Repeat 10 times.



### **Quadriceps Stretch, Standing**

Standing with your involved knee bent, gently pull heel toward buttocks, feeling a stretch in the front of the leg. Hold for 5 seconds. Repeat 10 times.

