

Knee Exercises



Quad Sets

Laying flat on a bed, hold your injured knee straight. Flex your foot up, push the back of your knee into the bed and tighten the muscles on top of your thigh. Hold for 5 seconds and relax.



Straight Leg Raises

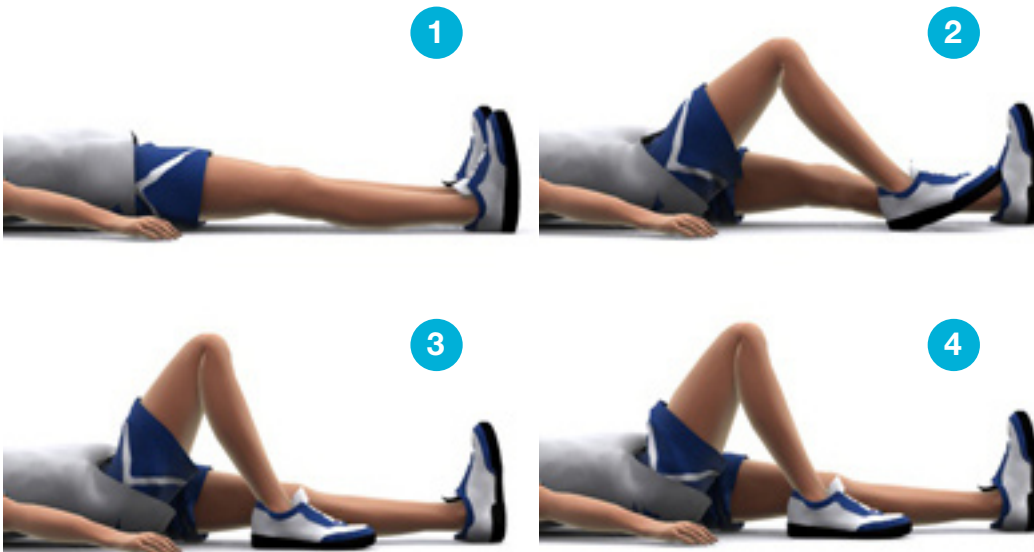
Laying flat on a bed, hold your injured knee straight. Flex your foot up, tighten the muscles on top of your thigh and slowly raise your leg off of the bed approximately 4-6 inches. Hold for 5 seconds and slowly return to starting position.

Short Arc Quads

Laying flat on a bed, place a rolled towel or pillow under your injured knee. Slowly raise the foot until the knee is straight. Hold for 5 seconds and slowly return to starting position.



Knee Exercises



Hip/Knee Flexion and Extension

Laying flat on a bed, start with the injured leg held straight. Slowly slide the foot of your injured knee back towards your buttock, bending the knee and hip. Hold for 5 seconds and slowly return to starting position.

Quad Sets with a Stool

Sitting on a chair, put your injured knee up on a stool or chair in front of you. Flex your foot up, push the back of your knee down and tighten the muscles on top of your thigh. Hold for 5 seconds and relax.



Sitting Knee Flexion

Sit on a chair with your injured knee slightly bent. Slowly bend your injured knee back and at the same time, slide your buttocks forward to the edge of the chair. Hold for 5 seconds and slowly return to starting position.
