

IMG PHYSICAL THERAPY

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KNEE EXERCISE SHEET

Training or Rehabilitation of the lower extremity may take an extended period of time. A loss of strength, range of motion, and use is common after an injury or surgery. You may also experience some swelling and popping noises. Your strength, range of motion, and use of the knee can be improved if you follow your program. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember....

- * Any specific exercise that causes pain, especially sharp knife like pain, is hindering the healing process for your injury and should be modified or discontinued until you notify your therapist.
- * Increased swelling after exercise indicates that the exercise may be too difficult or it is not being done correctly. Be sure to ice that area of swelling and use a compression wrap as needed.
- * Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance; lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- * You should experience muscle soreness, dull ache, fatigue, and stretching sensations, but the exercises should not increase the pain or swelling.
- * When in doubt about how much weight to use for exercises, guess low. It is safer and easier to add weight than to hurt your self with too much weight.
- * Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

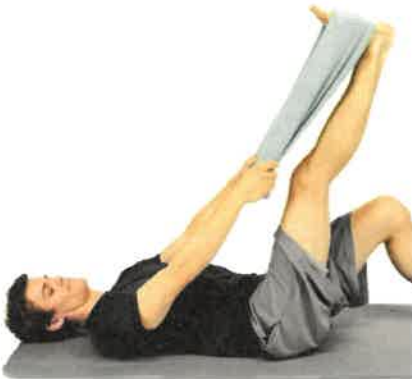
These exercises are to be done 1 time per day or 3 to 5 days per week.

Perform 2 sets of 15 repetitions for strengthening exercises

Stretch for 3-10 repetitions holding 10-30 seconds each time.

Ice for 15 minutes after exercising and at the end of the day.

HAMSTRING STRETCH WITH TOWEL



While lying down on your back, hook a towel or strap under your foot and draw your leg up until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch.
Video # VVQGB3WMY

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 2 Times a Day

HIP ADDUCTION SQUEEZE - SUPINE



Place a rolled up towel, ball or pillow between your knees and press your knees together so that you squeeze the object firmly. Hold and then release and repeat.

When this exercise becomes too easy, progress by doing the same thing while lifting your butt up off the ground. Video # VV53S4VKZ

Repeat 10 Times
Complete 2 Sets

Hold 10 Seconds
Perform 5 Times a Week

STRAIGHT LEG RAISE - SLR



While lying on your back, squeeze your thigh muscle in order to keep your knee straight, and raise your leg up. Keep the opposite knee bent with the foot planted on the ground. □

Then rotate to lie on your side and perform the exercise again, lifting your top leg up while keeping your knee straight and keeping your foot horizontal to the ground throughout the motion.

Roll to your other side and complete the exercise one final time with the opposite leg. Video # VVBVU5P69

Repeat 15 Times
Complete 2 Sets

Perform 5 Times a Week



STEP UP

Start by standing in front of a step/step stool with both feet on the floor. Step forward up the step with one leg and then the other leg. Return to starting position taking a step back towards the floor leading with the same leg.

Repeat 15 Times

Complete 2 Sets

Perform 5 Times a Week



MINI SQUATS

Start with your feet shoulder-width apart and toes pointed straight ahead. Next, bend your knees, sit backwards and lower yourself down towards the chair to perform a mini squat as shown. Then, return to original position.

Use a chair behind you for safety. Use a kitchen counter or a firm surface in front of you for balance and safety. Video # VVUS3WVRC

Repeat 15 Times

Complete 2 Sets

Perform 5 Times a Week



SINGLE LEG STANCE - SLS

Stand on one leg and maintain your balance. Use a firm surface for safety to catch yourself if you begin to fall.

Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 5 Times a Week