

IMG PHYSICAL THERAPY

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KNEE INJURY 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.

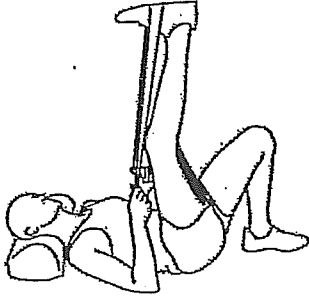
Perform 2 sets of 15 repetitions for strengthening exercises

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

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

HIP and KNEE Stretching

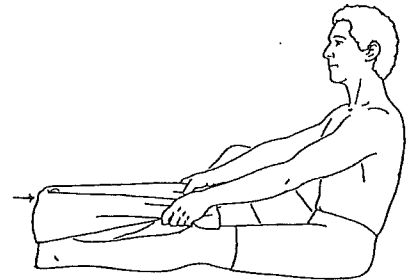
Supine Hamstring Stretch



Lie on back holding leg with towel as shown and pull until a stretch is felt.

Keep the opposite leg BENT. Hold for 30 seconds. Repeat 3 times. Do once per day

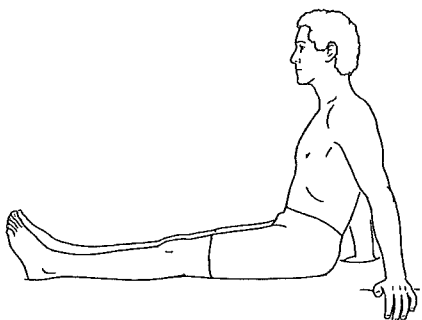
HIP / KNEE - 63 Stretching: Calf - Towel



Sit with knee straight and towel looped around injured foot. Gently pull on towel until stretch is felt in calf. Hold 30 seconds. If instructed also pull with just your inside arm / outside arm / Do all 3.

Repeat 3-10 times per set. Do 1 sets per session. Do 1-2 sessions per day.

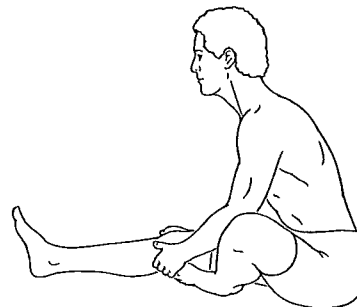
HIP / KNEE - 11 Strengthening: Quadriceps Set



Tighten muscles on top of thighs by pushing knees down into surface. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.

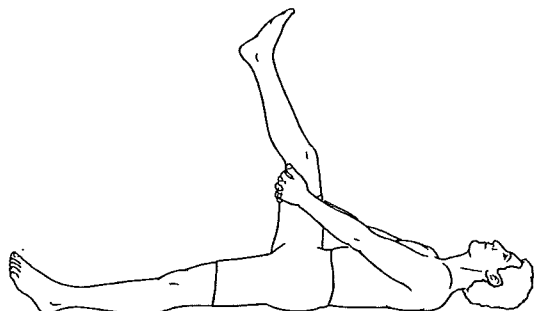
HIP / KNEE - 40 Stretching: Hamstring (Sitting)



With injured leg straight, tuck other foot near groin. Reach down until stretch is felt in back of thigh. Keep back straight. Hold 30 seconds.

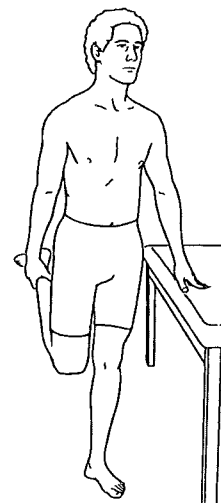
Repeat 3-5 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

HIP / KNEE - 38 Stretching: New Hamstring (Supine)
Towel version is on Separate Sheet



1. Flex the hip to a 90 (right angle) from the body.
2. Slowly raise the lower leg until a slight tension is felt.
3. Lightly point the toes forward and backward 5 times.
4. Maintain this position and extend the lower leg a little more and move the toes 5 times again, Repeat a third time.

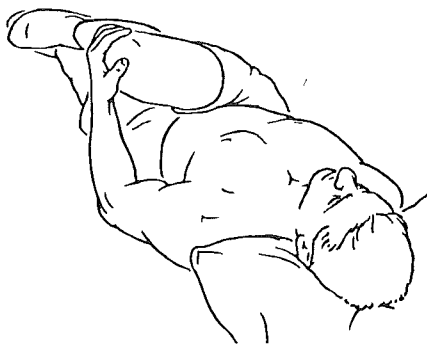
HIP / KNEE - 37 Stretching: Quadriceps (Standing)



Pull injured heel toward buttock until stretch is felt in front of thigh. Hold 30 seconds.

Repeat 3-5 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

HIP / KNEE - 66 Stretching: Piriformis (Supine)



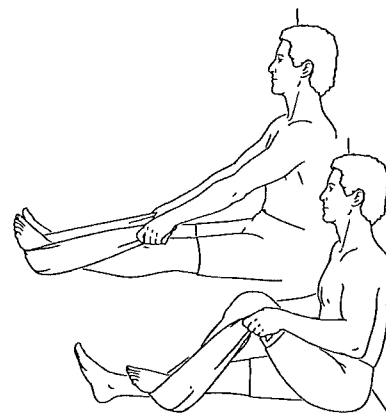
Pull injured knee toward opposite shoulder. Hold 30 seconds. Relax.

Repeat 3-5 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

HIP / KNEE - 46 PROM: Knee Flexion

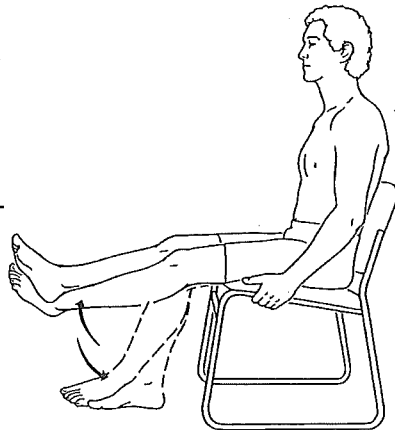
With towel around injured heel, gently pull knee up with towel until stretch is felt. Hold 30 seconds.

Repeat 3-5 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.



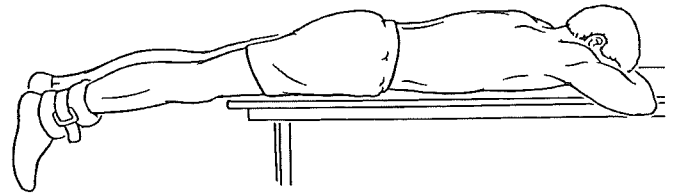
HIP / KNEE - 6 Self-Mobilization:
 Knee Flexion / Extension (Sitting)

Gently push injured leg back with other leg until a stretch is felt. Hold 10-30 seconds. Recross bent legs at ankles. Slowly straighten legs, pushing with lower non-injured leg. Hold 30 seconds.



Repeat 5-10 times per set. Do 1 sets per session. Do 1-2 sessions per day.

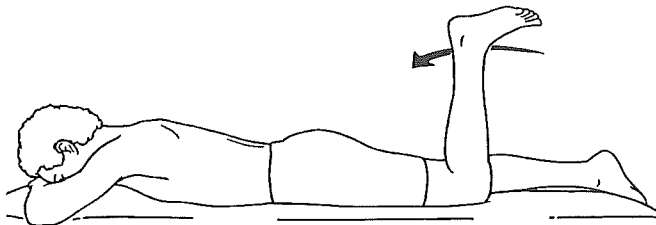
HIP / KNEE - 71 Knee Extension: Hang (Prone)



With table supporting thighs, place 0-5 pound weight on injured ankle. Hold 3-5 minutes.

Repeat 1 times per set. Do 1 sets per session. Do 1-2 sessions per day. If extremely tight do ever hour.

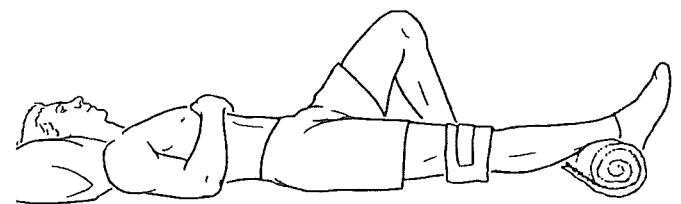
HIP / KNEE - 8 Self-Mobilization: Knee Flexion (Prone)



Bring injured heel toward buttocks as close as possible using a towel, rope, or sheet (towel is not pictured). Hold 30 seconds. Relax.

Repeat 3-5 times per set. Do 1 sets per session. Do 1-2 sessions per day.

HIP / KNEE - 70 Knee Extension Mobilization: Towel Prop



With rolled towel under injured ankle, place 0 pound weight across knee. Hold 3-5 minutes.

Repeat 1 times per set. Do 1 sets per session. Do 1-2 sessions per day.

ANKLE / FOOT - 22 Toe Raise (Standing)

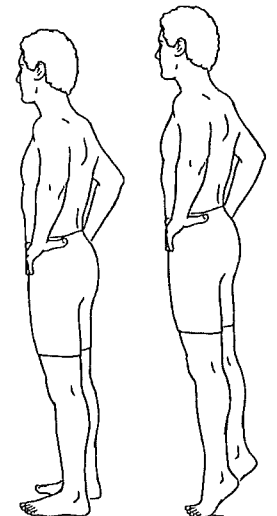
Rock back on heels. Do not stick butt out!!!



Repeat 15 times per set. Do 2 sets per session. Do 1 sessions per day.

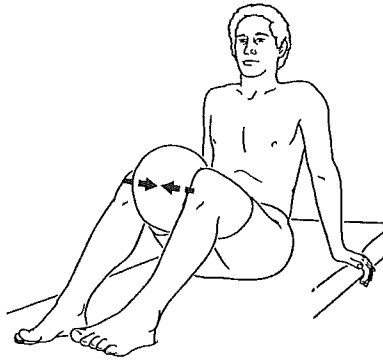
ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

Rise on balls of feet.



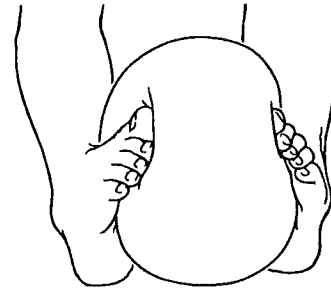
Repeat 15 times per set. Do 2 sets per session. Do 1 sessions per day.

HIP / KNEE - 16 Strengthening: Hip Adduction – Isometric



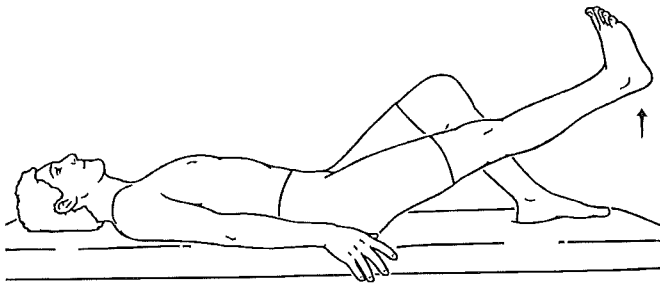
With ball or folded pillow between knees, squeeze knees together. Hold 10 seconds.
Repeat 10 times per set. Do 1 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 4 Inversion: Isometric



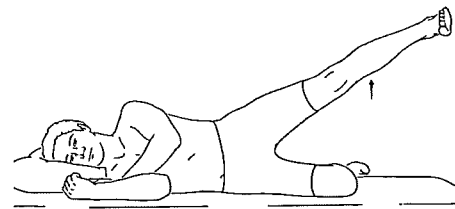
Press inner borders of feet into ball or rolled pillow between feet. Hold 10 seconds. Relax.
Repeat 10 times per set. Do 1 sets per session.
Do 1 sessions per day.

HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)



Tighten muscles on front of injured thigh, then lift leg to equal the height of bent un-injured leg, keeping knee locked.
Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

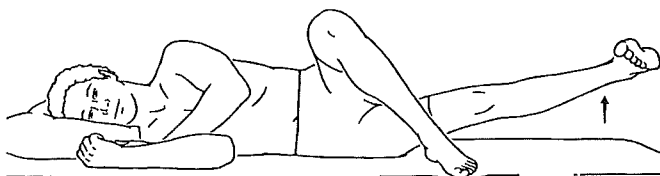
HIP / KNEE - 21 Strengthening: Hip Abduction (Side-Lying)



Tighten muscles on front of injured thigh, then lift leg 12 inches from surface, keeping knee locked.

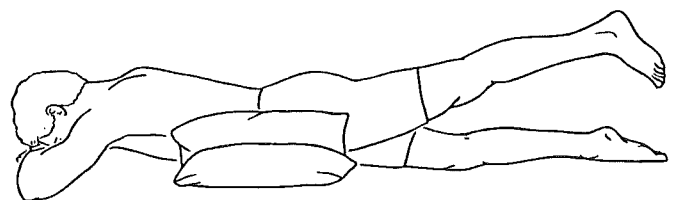
ROSEWALL SLIDES--- Lay on side with whole body flat against wall, keeping the knee locked. Lift leg as high as able.
Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 22 Strengthening: Hip Adduction (Side-Lying)



Tighten muscles on front of injured thigh, then lift leg 6 inches from surface, keeping knee locked.
Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

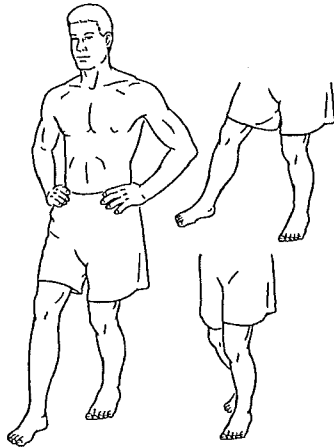
BACK - 4 Hip Extension (Prone)



Lift injured leg 6 inches from floor, keeping knee locked.
Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 44 Balance: Weight Shifting

1. Stand with feet shoulder width apart. Shift weight side to side while holding onto table or chair.
2. Stand with one foot in front of other. Shift weight front to back. Switch legs halfway through time.

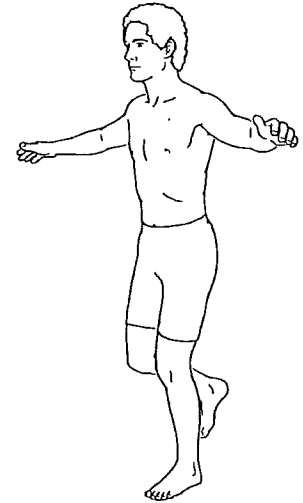


Repeat 5 minutes each direction. Do Daily.

ANKLE / FOOT - 15 Balance: Unilateral

Attempt to balance on injured leg, eyes open. Hold 10-60 seconds.

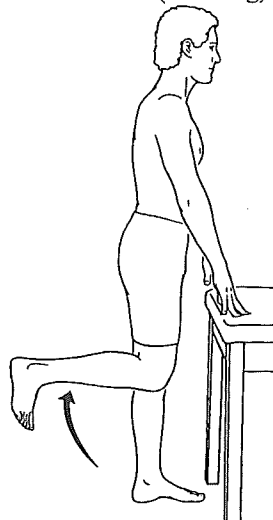
Repeat 3-10 times per set.
 Do 1 sets per session.
 Do 1 sessions per day.



Phase 2: Perform exercise with eyes closed.
 Phase 3: Stand on sofa cushion.

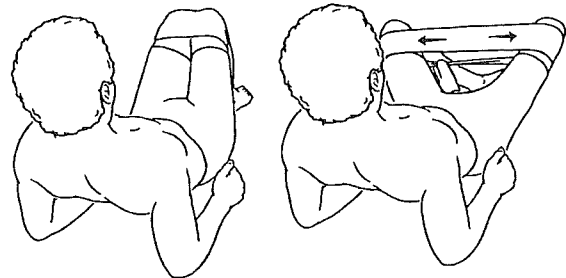
HIP / KNEE - 24 Strengthening: Knee Flexion (Standing)

With support, bend injured knee as far as possible.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

HIP / KNEE - 54 Strengthening: Hip Abductor – Resisted



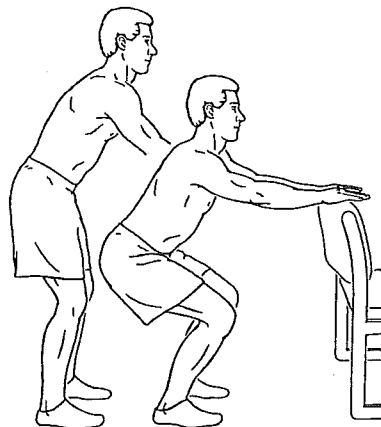
With band looped around both legs above knees, push thighs apart.

Phase 1: Lie on back.
 Phase 2: Lie on side.

Repeat 15 times per set. Do 2 sets per session.
 Do 1 sessions per day.

HIP / KNEE - 78 Functional Quadriceps: Chair Squat

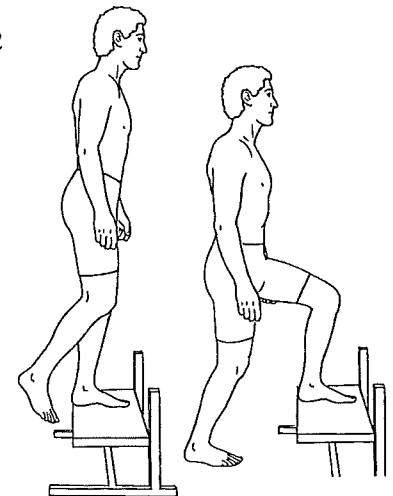
Keeping feet flat on floor, shoulder width apart, squat as low as is comfortable. Use support as necessary. Avoid letting your knee go over your toes. Pretend you are sitting in a chair.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

HIP / KNEE - 52 Step-Down / Step-Up

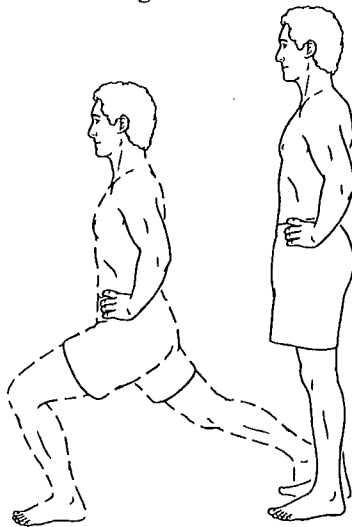
Stand on stair step or 6-12 inch stool. Slowly bend right leg, lowering other foot to floor. Return by straightening front leg. Keep knee behind toes, should see your toes throughout exercise.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

TRUNK STABILITY - 34 Forward Lunge

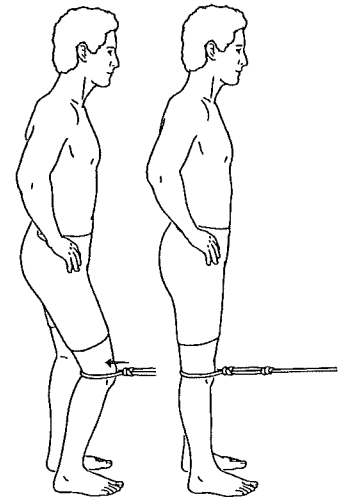
Standing with feet shoulder width apart and stomach tight, step forward with injured leg. Switch legs when set is complete.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

HIP / KNEE - 43 Terminal Knee Extension (Standing)

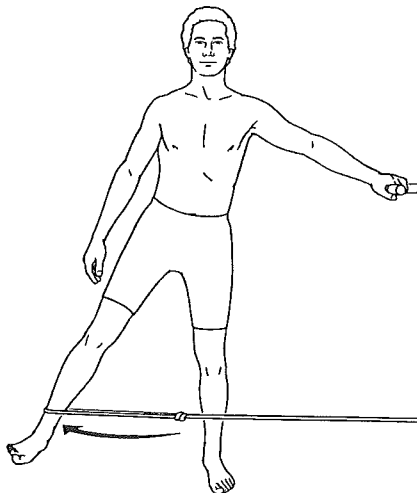
Facing anchor with injured knee slightly bent and tubing just above knee, gently pull knee back straight. Do not overextend knee.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

HIP / KNEE - 27 Strengthening: Hip Abduction – Resisted

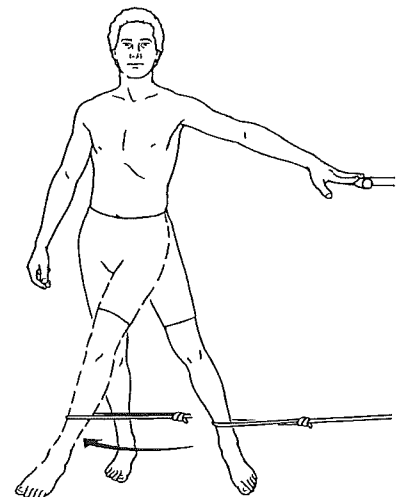
With tubing around injured leg, other side toward anchor, extend leg out from side.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

HIP / KNEE - 26 Strengthening: Hip Adduction – Resisted

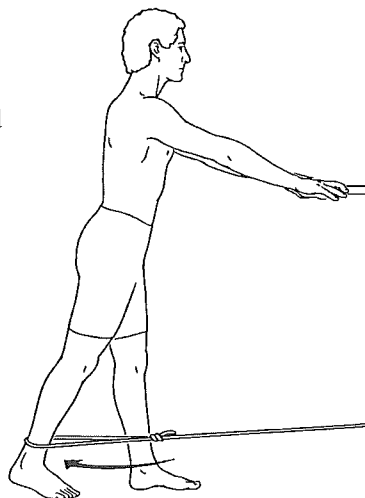
With tubing around injured leg, bring leg across body.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

HIP / KNEE - 28 Strengthening: Hip Extension – Resisted

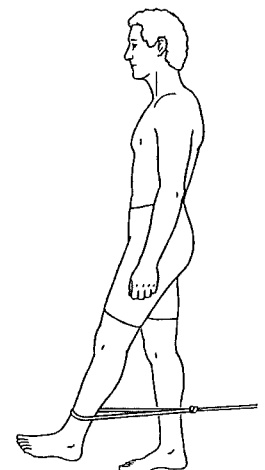
With tubing around injured ankle, face anchor and pull leg straight back.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

HIP / KNEE - 29 Strengthening: Hip Flexion – Resisted

With tubing around injured ankle, anchor behind, bring leg forward, keeping knee straight.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.