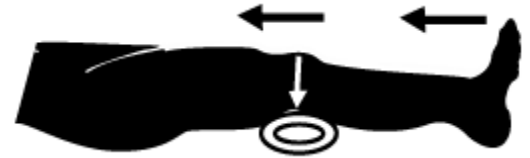


Knee exercises

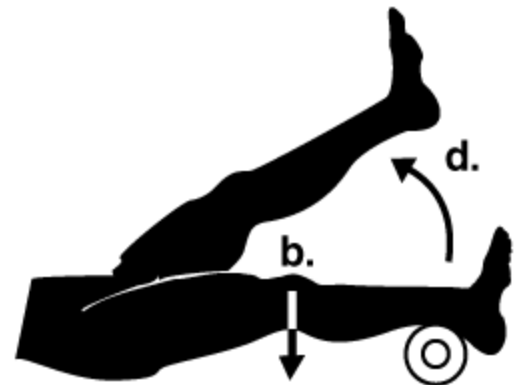
1. Quad Set Exercise

- Tighten the muscles on top of the thigh as tightly as possible and hold.
 - Pull your toes back.
 - Push the back of your knee down to the floor.
 - Try to push out and up through the heel.
- Pull 10 seconds, trying every second to pull even tighter.
- Relax 5 seconds.
- Repeat for 2 sets of ten times. Rest 60 seconds between sets.



2. Knee Extension with Leg Lift

- Start as above, but with a full toilet paper roll under your heel.
- Push knee down.
- Lock it.
- Lift leg up.
- Then lower to roll.
- Repeat for 2 sets of 10 times.



3. Drake Exercise

- Tighten top of thigh muscles.
- Hold this for 2 seconds.
- While maintaining hold, raise leg 4 " from floor.
- Hold this position for 2 counts (1-1000, 2-2000).
- While maintaining tension, lower leg to floor.
- Hold tension for 2 counts while leg is down.
- Rest for 5 counts.
- Repeat for 2 sets of 10 times.



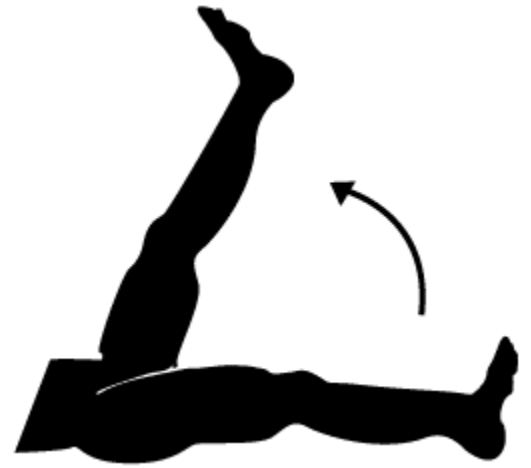
4. Static Hold Exercise

- Place a hard, round object or toilet paper roll under your knee to hold it at a height of 4-6".
- Keep back of knee in contact with object at all times.
- Lift heel off table as high as possible.
- Straighten knee and tighten top of thigh as tight as possible.
- Hold for 5 seconds.
- Rest for 5 seconds.
- Repeat for 2 sets of 10 times.



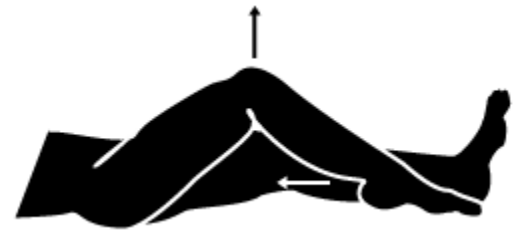
5. Straight Leg Raise

- Tighten the muscles on top of the thigh as tightly as possible and hold.
- Raise the entire leg holding the knee as tight as possible. Hold 5 seconds.
- Lower leg and rest 2 seconds.
- Repeat for 2 sets of 10 times.
- Rest 1 minute between sets.



6. Heel Slide

- Lie on back with legs out straight and back flat.
- Slide one heel up, bringing knee toward chest.
- Then slide heel back down.
- Repeat for 2 sets of 5 times.



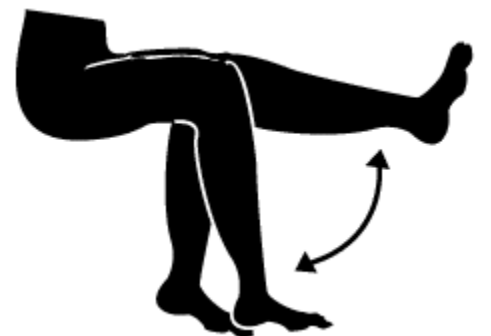
7. Hamstring Set Exercises

- Bend the knee to a height of about 6".
- Tighten the muscles on the back of the thigh fully by pulling down and back with the heel. The heel should remain stationary.
- Pull for 5-10 seconds, trying every second to pull even tighter.
- Relax 5 seconds.
- Repeat for 2 sets of 5 times, resting 60 seconds between sets.



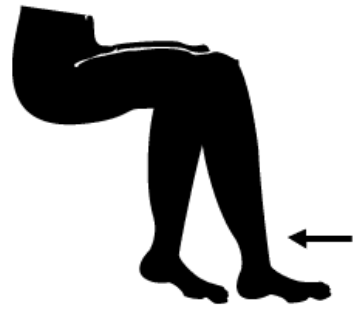
8. Flexion and Extension

- Sit on something high enough to keep foot off the floor.
- Bend the knee as far back as possible.
- Straighten knee as far forward as possible and hold it straight.
- Then relax. (Like pumping on a swing.)
- Repeat for 3 sets of 10 times.



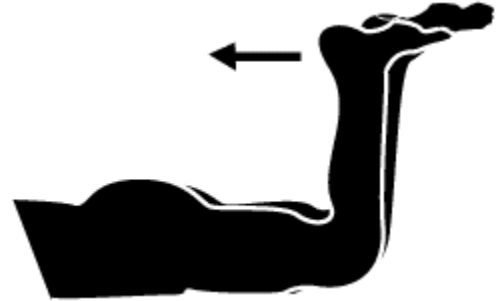
9. Assisted Knee Flexion

- a. Sit as above.
- b. Place ankle of good leg over ankle of operated leg.
- c. Gently push ankles back, bending knees.
- d. Hold and then relax.
- e. Repeat for 2 sets of 5 times.



10. Assisted Knee Flexion

- a. Lying on your stomach, bend involved knee up.
- b. Use uninvolved leg to help push knee into more flexion.
- c. Hold for 10 seconds.
- d. Repeat for 2 sets of 5 times.



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