

# Knee exercises

**(99) Hamstring Stretch in Long-sitting: 2 reps, 30 sec hold, 1 set [\(Show Movie\)](#)**



Sit with involved leg out straight.



Reach forward toward your ankle.



You should feel the stretch in your hamstring.

**(102) Illio-tibial Band Stretch: 2 reps, 30 sec hold, 1 set [\(Show Movie\)](#)**



Stand with your involved side next to a wall.



Cross your un-involved leg in front.



Lean your hip into the wall.

**(106) Quadriceps Stretch in Standing: 2 reps, 30 sec hold, 1 set [\(Show Movie\)](#)**



Stand near chair for balance.



Bend your involved knee and grasp at the ankle.



Keep your body upright and hips straight.

**(123) Quad Set in Slight Flexion: 10 reps, 1 set [\(Show Movie\)](#)**

# Knee exercises



Place a towel roll under your knee.



Tighten your thigh. Keep your knee straight.



Relax your thigh and repeat the contraction.

## (88) Straight Leg Raise in Supine: 10 reps, 1 set [\(Show Movie\)](#)



Lie on your back. Bend you un-involved leg.



Raise leg keeping knee straight and toes up.



Raise up until you leg is even with the bent knee.

### Sideline Straight Leg Lifts



Lie on uninvolved side. Raise involved leg straight up in the air. Perform \_\_\_\_\_ repetitions Repeat \_\_\_\_\_ times/day

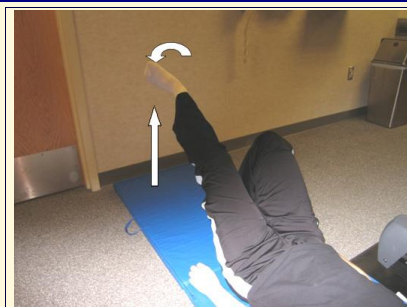
### Prone Straight Leg Lifts



Lie on belly. A small pillow can be placed under pelvis for comfort. While keeping the knee straight, raise leg straight up in the air so that the thigh lifts off the table. Perform \_\_\_\_\_ repetitions Repeat \_\_\_\_\_ times/day

## Supine Straight Leg Raise and Supine Straight Leg Raise with External Rotation

Hold \_\_\_\_\_ seconds Perform \_\_\_\_\_ repetitions Repeat \_\_\_\_\_ times/day



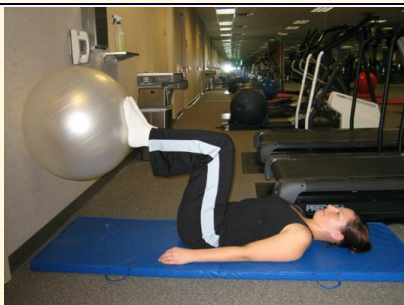


# Knee exercises

**Bend unininvolved knee. Keep involved knee straight. Tighten muscle on top of involved thigh and lift leg as high as the bent knee. Can also perform exercise with the foot turned outward.**

**Can also perform exercise with the foot turned outward.**

## Supine Heel Slides with Ball on Wall



**Place feet on the ball, roll ball up and down the wall by bending and straightening your knees. Try to be smooth with motion and maintain control.  
Perform \_\_\_\_\_ repetitions. Repeat \_\_\_\_\_ times per day.**

## Supine Heel Slides with Ball

## Ball Supported Wall Slides

**Slide heel up toward buttocks (knee flexion) and then downward (knee extension). The motion should be slow and controlled..  
Repeat \_\_\_\_\_ repetitions. Repeat \_\_\_\_\_ times/day.**

**Start by leaning against wall with ball between for support. Squat downward while maintaining proper upright spinal posture. Return to standing position.  
Perform \_\_\_\_\_ repetitions. Repeat \_\_\_\_\_ times/day.**

**\* Weight can be added to increase difficulty.**

## Heel Slides





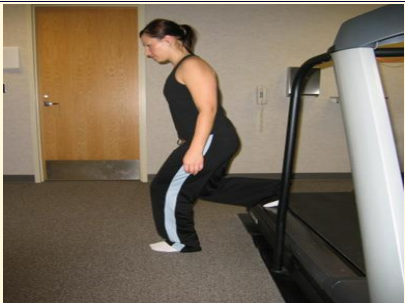

**Slide heel up toward buttocks (knee flexion), and then downward (knee extension). Try to be smooth with motion and maintain control.  
Repeat \_\_\_\_\_ repetitions. \_\_\_\_\_ times per day.**

## Supine Leg Press

# Knee exercises

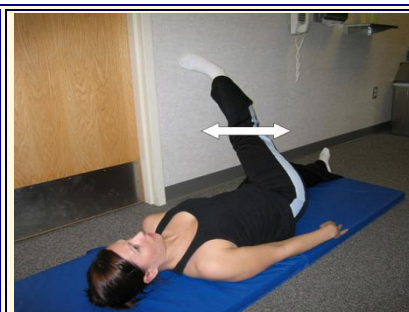
	
<p><b>Lie on back with the knee and hip bent to 90 degrees. Wrap resistance band around foot. Straighten leg, keeping your heel in line with your knee.</b>  <b>Hold _____ seconds. Perform _____ times. Repeat _____ times/day</b></p>	

<p><b>Step Up Lunge</b></p>  <p><b>Place one foot on step. Lean your body (hips) forward so that your knee is above or passes your foot. Your shoulders will be slightly in front of your hips but your back should be straight.</b>  <b>Perform _____ repetitions Repeat _____ times/day</b></p>	<p><b>Floor Level Lunges</b></p>  <p><b>Place one foot on step. Lean your body (hips) forward so that your knee passes your foot. You can allow yourself to bend at the waist although maintain a stable spine posture. Your shoulders will be slightly in front of your hips but your back should be straight.</b>  <b>Perform _____ repetitions Repeat _____ times/day</b></p>
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<p><b>Step Downs</b></p>  <p><b>Stand with both feet on step. Step down with one foot in a slow, controlled manner.</b>  <b>Perform _____ repetitions Repeat _____ times/day</b></p>	<p><b>Step Up Lunge</b></p>  <p><b>Place one foot on step. Lean your body (hips) forward so that your knee is above or passes your foot. Your shoulders will be slightly in front of you hips but your back should be straight.</b>  <b>Perform _____ repetitions Repeat _____ times/day</b></p>
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<b>Resisted Functional Knee Extension</b>	<b>ITB Step-over Stretch</b>
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# Knee exercises



Stand with knee bent and the resistance band behind knee. Straighten knee by pulling the knee backwards. (Try to use only the thigh muscle - not the hip)

Hold \_\_\_\_\_ seconds. Perform \_\_\_\_\_ times. Repeat \_\_\_\_\_ times/day

Lie on back with uninvolved side towards the wall. Bring involved leg across body so that the foot is touching the wall. Rotate foot towards the floor. Slowly pump the knee straight and bent (to feel the stretch)

Hold \_\_\_\_\_ seconds Perform \_\_\_\_\_ repetitions. Repeat \_\_\_\_\_ times/day

## Chair Scoot for Hamstring Strengthening



Sit in a rolling chair. Dig your heel into the floor and pull the chair forward.

Perform \_\_\_\_\_ times per day.

## Supported Squats

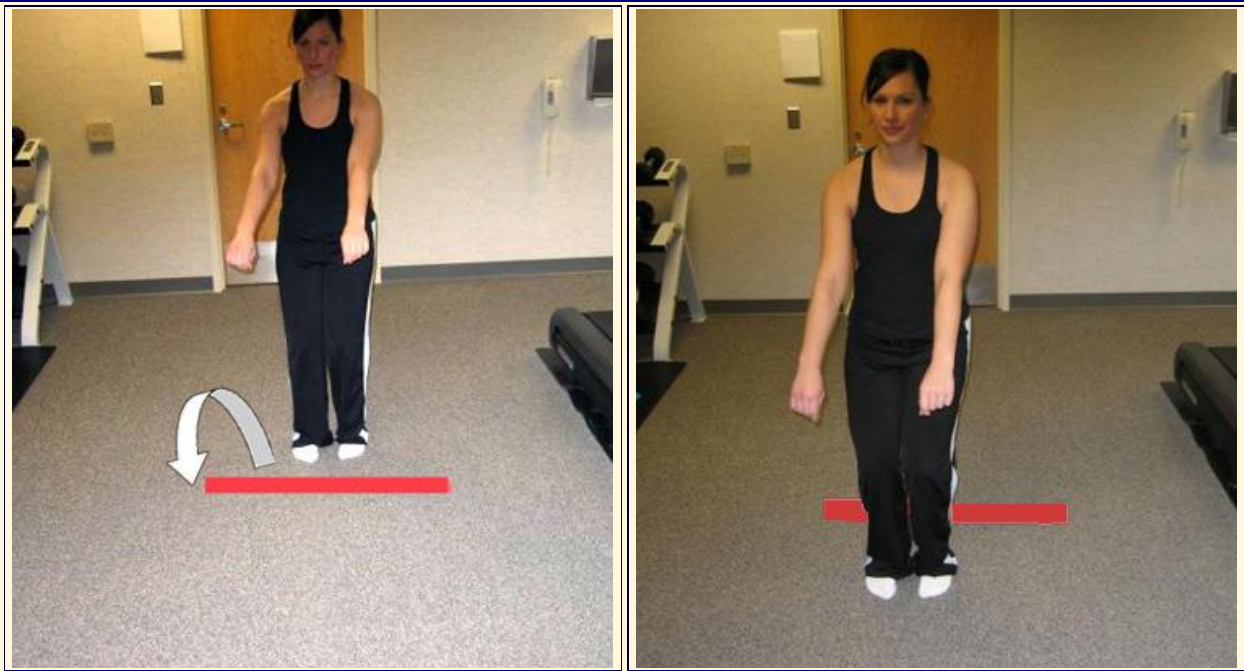


Stand while holding a sturdy object. Keep your feet about shoulder width (or wider) apart and knees slightly bent. Squat down as if going to sit in a chair. Hold this position for \_\_\_\_\_ seconds. Then return to a standing position. Be careful not to straighten your knees completely when you return to the standing position.

Perform \_\_\_\_\_ repetitions Repeat \_\_\_\_\_ times/day

## Hopping Progression (Forwards and Backwards)

## Knee exercises



**Start with arm support (i.e. edge of counter). Hop on both feet. Try to land with soft contact. Increase both with speed and height of hops as instructed. Perform \_\_\_\_\_ times.**