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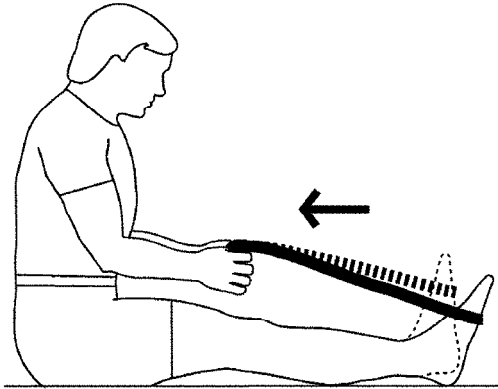
Ice knee for 20 minutes every night.

Stretch Gastroc sit w/towel

- Sit as shown, looping towel around ball of foot.
- Gently and steadily pull on towel, keeping knee straight.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

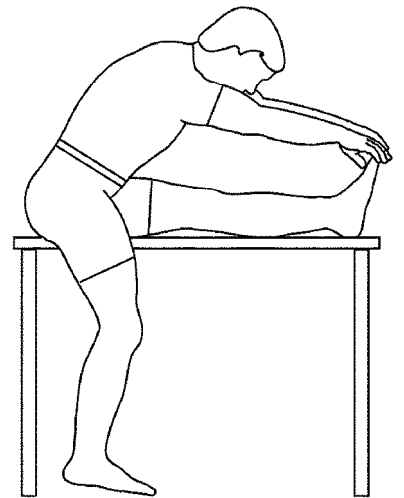


Stretch hamstring uni long sitting

- Sit on firm surface with one leg out in front.
- Slowly lean forward, trying to touch toes.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

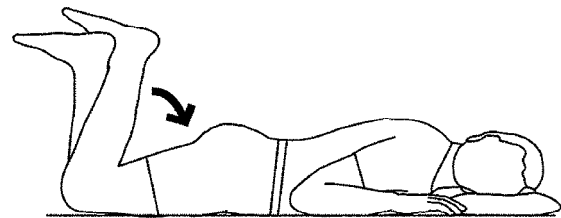


Stretch knee flex prone

- Lie face down.
- Bend knee of involved leg.
- Place ankle of uninvolved leg behind foot of involved leg.
- Gently push involved leg forward until stretch is felt.

Perform 1 set of 5 Repetitions,  
once a day.

Hold exercise for 5 Seconds.



Stretch Quads standing

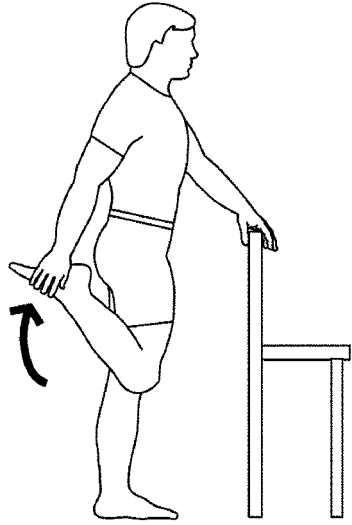
- Stand on uninvolved leg, using table or chair for balance.
- Bend knee of involved leg.
- Grasp with hand and gently pull up toward buttocks.
- Hold and repeat.

Special Instructions:

Keep thigh straight in line with body, do not bend at hip.

Perform 1 set of 5 Repetitions,  
once a day.

Hold exercise for 10 Seconds.



Iso knee ext sit (quad sets)

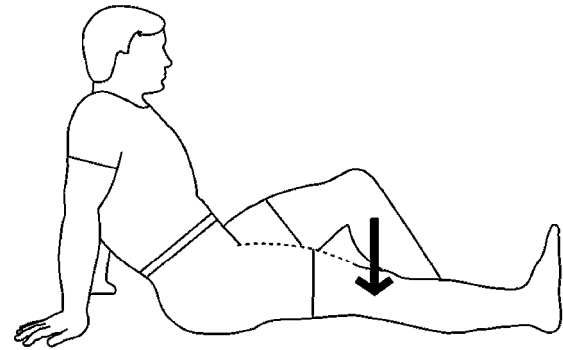
- Sit with leg extended.
- Tighten quad muscles on front of leg, trying to push back of knee downward.

Special Instructions:

Do not hold breath.

Perform 1 set of 10 Repetitions,  
twice a day.

Hold exercise for 10 Seconds.

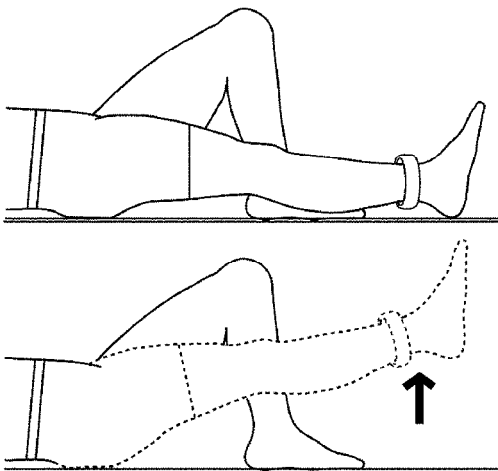


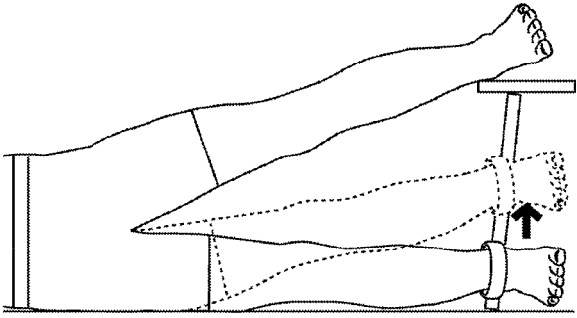
Resist hip flex (SLR) supine w/wt

- Lie on back with uninvolved knee bent as shown.
- Place weight on ankle of involved leg.
- Raise straight leg to thigh level of bent leg.
- Return to starting position.

Perform 2 sets of 10 Repetitions,  
once a day.

Use 1-5 Lbs.  
Hold exercise for 3 Seconds.





Resist hip add sidelying w/wt

- Lie on involved side.
- Support uninvolved leg on chair as shown.
- Keep involved leg straight, weight on ankle.
- Lift leg upward.
- Return to starting position.

Perform 2 sets of 10 Repetitions,  
once a day.

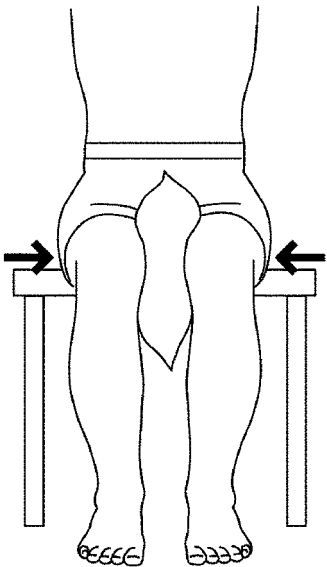
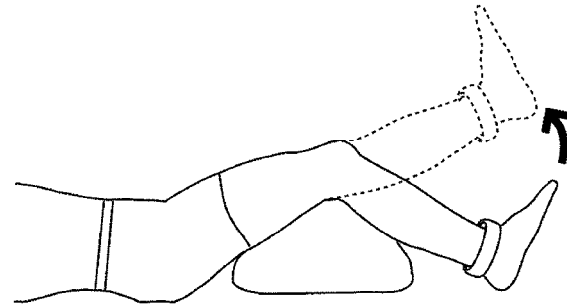
Use 1-5 Lbs.  
Hold exercise for 3 Seconds.

Resist knee ext (SAQ) w/wt

- Place weight on ankle of involved leg.
- Position knee over pillow, bending to about 30 degrees, as shown.
- Straighten knee fully.
- Return to start position and repeat.

Perform 2 sets of 10 Repetitions,  
once a day.

Use 1-5 Lbs.  
Hold exercise for 3 Seconds.



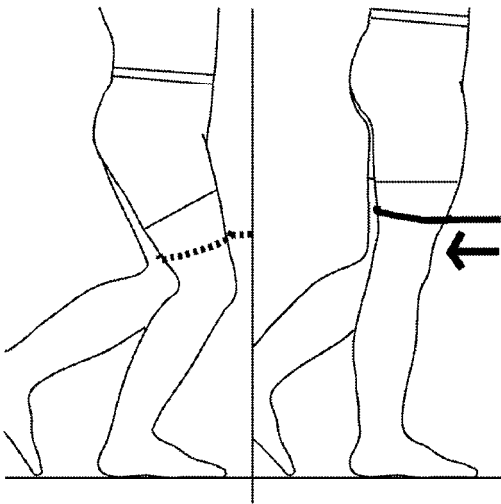
Iso hip add sit w/pillow

- Sit in chair or on firm surface with towel roll or pillow between knees.
- Squeeze legs together.

Special Instructions:  
Do not hold breath.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.



Resist knee ext uni stand w/elastic

- Attach elastic to secure object.
- Place elastic around thigh, just above involved knee as shown.
- Stand on involved leg, bent at 45 degrees.
- Toe touch with other leg using secure object to maintain balance.
- Straighten leg, keeping heel on floor.
- Return to start position.

Perform 1 set of 10 Repetitions,  
once a day.

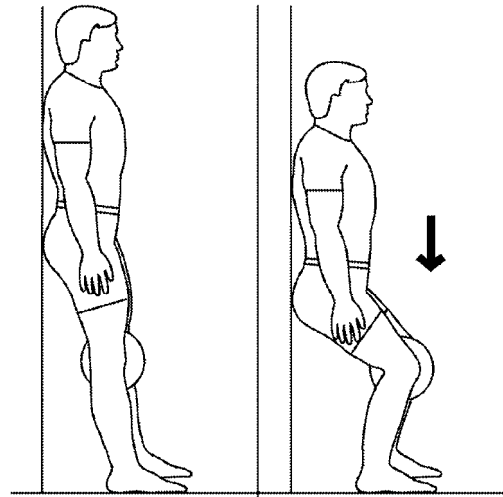
Use black Elastic.  
Hold exercise for 5 Seconds.

AROM knee wall slide bil for VMO

- Lean on wall, feet approximately 12 inches from wall, shoulder distance apart.
- Place pillow between knees.
- Bend knees to 45 degrees.
- Hold for 5 seconds.
- Return to starting position.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.



Resist knee step down w/wt

- Hold weights in hands.
- Stand on step with both feet.
- Step down slowly, leading with uninvolved leg.
- Step up backwards, leading with uninvolved leg.
- Repeat.

Special Instructions:

Use a 2' book or board and move up once you are comfortable. Do not exceed 6' height.

Perform 2 sets of 8 Repetitions,  
once every other day.

Use 1-5 Lbs.

