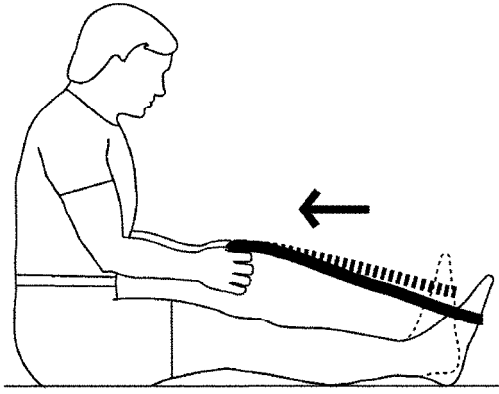


Stretch Gastroc sit w/towel

- 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.

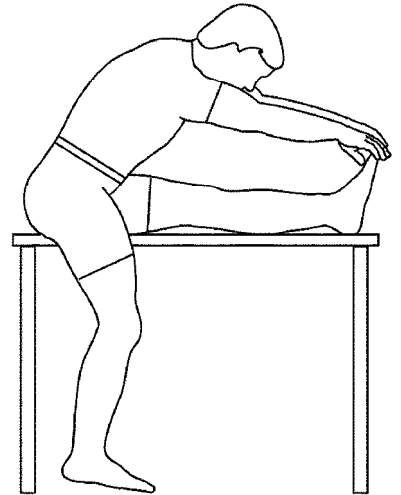


Stretch hamstring uni long sitting

- 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.

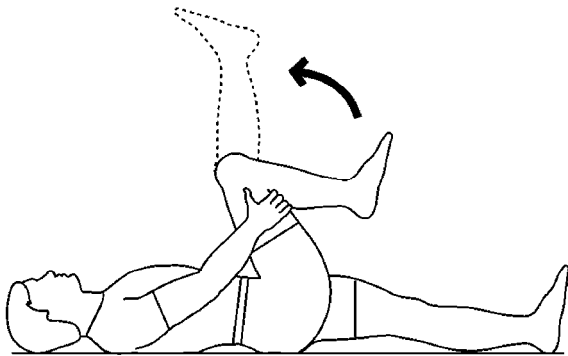


Stretch hamstrings supine active

- Lie on back holding knee from behind, pulled toward chest, as shown.
- Gently straighten leg.
- Repeat with other leg.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

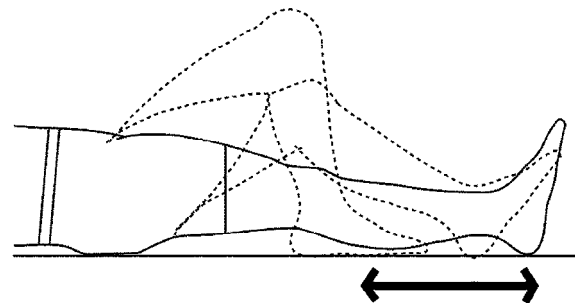


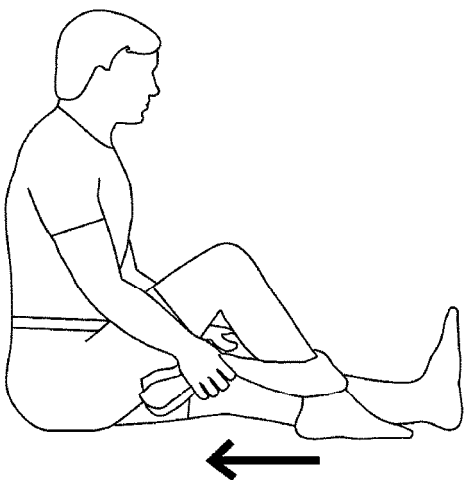
AROM hip/knee flx (heel slides)

- Lie on back with legs straight.
- Slide heel up to buttocks.
- Return to start position.
- Repeat with other leg.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.





Stretch knee flx sit w/towel

- Sit.
- Bend involved knee and place foot flat as shown.
- Loop towel around ankle.
- Pull heel towards buttocks and hold.
- Relax and repeat.

Perform 1 set of 10 Repetitions,  
once a day.

Use Towel.  
Hold exercise for 5 Seconds.

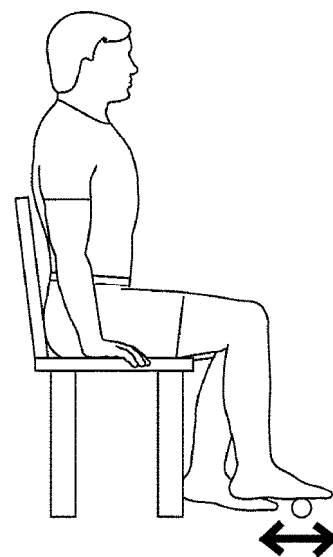
AROM knee flx/ext uni sit w/dowel

- Sit in chair.
- Place foot on dowel as shown.
- Roll foot forward and backward over dowel.

Special Instructions:

You can also use a frozen bottle of water.

Perform 3 sets of 10 Repetitions,  
once a day.

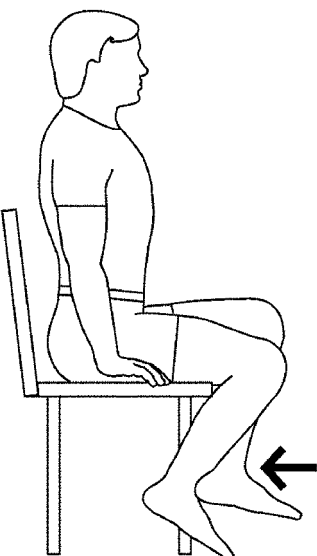


AAROM knee flx sit w/self

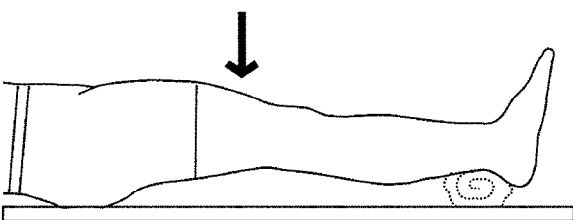
- Sit in chair.
- Move heel of involved leg under chair.
- Place other leg in front and push back.
- Hold stretch, relax, and repeat.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.



Stretch knee ext supine



- Lie face up, ankle supported on towel roll.
- Relax leg and allow gravity to straighten leg.

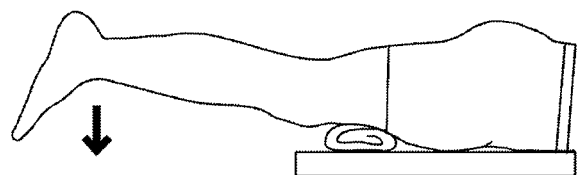
Special Instructions:  
Do this while watching TV or reading a book.

Perform 1 set of 10 Minutes,  
twice a day.

Stretch knee ext prone

- Lie face down, towel roll under thigh as shown.
- Relax leg and allow gravity to straighten leg.

Perform 1 set of 10 Minutes,  
twice a day.



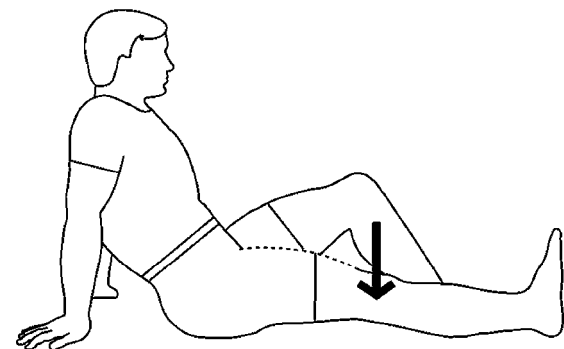
Iso knee ext sit (quad sets)

- 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.

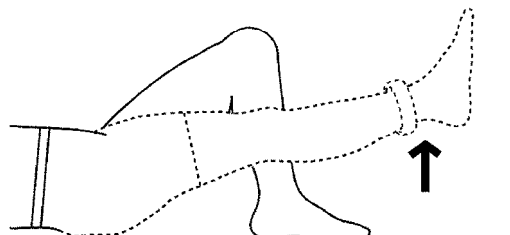
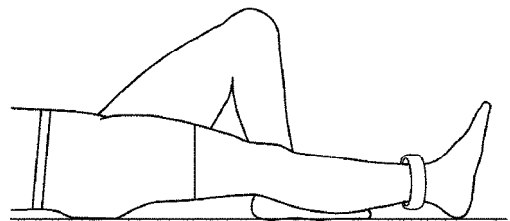


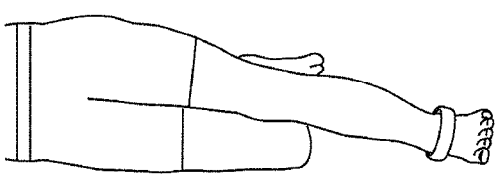
Resist hip flex (SLR) supine w/wt

- 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.

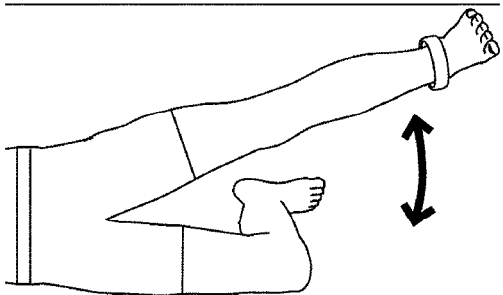
Use 1-5 Lbs.  
Hold exercise for 3 Seconds.





Resist hip abd sidelying w/wt

- Lie on uninvolved side, knee bent.
- Keep involved leg straight, weight on ankle.
- Lift leg upward.
- Return to starting position.



Perform 2 sets of 10 Repetitions,  
once a day.

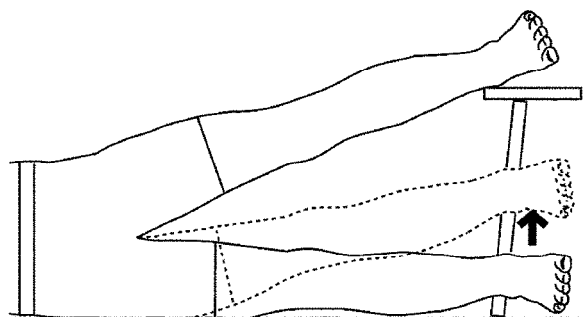
Use 1-5 Lbs.  
Hold exercise for 3 Seconds.

AROM hip abd sidelying w/stool

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

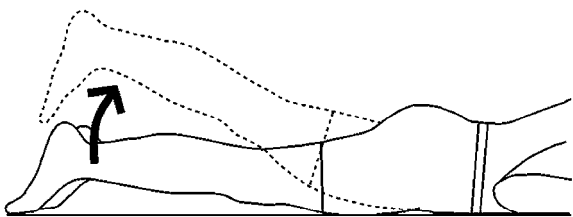
Perform 2 sets of 10 Repetitions,  
once a day.

Hold exercise for 3 Seconds.



AROM hip ext prone straight leg

- Lie face down, knee straight on involved leg.
- Lift involved leg upward.
- Return to starting position.



Perform 2 sets of 10 Repetitions,  
once a day.

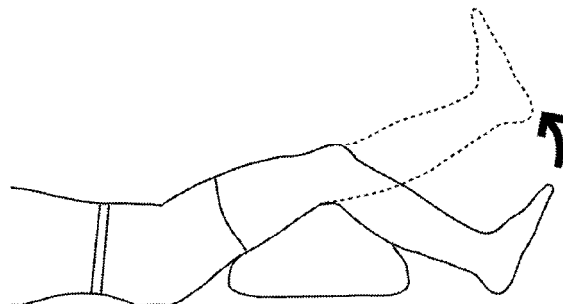
Hold exercise for 3 Seconds.

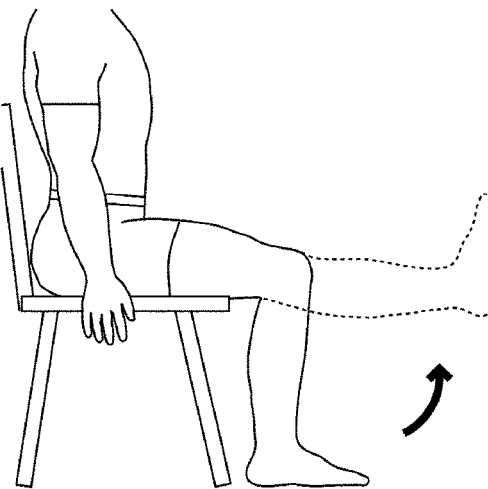
AROM knee ext (SAQ) sit

- Sit, with involved leg bent to 45 degrees, supported with a pillow, as shown.
- Straighten leg at knee.
- Return to start position.

Perform 2 sets of 10 Repetitions,  
once a day.

Hold exercise for 3 Seconds.





AROM knee ext (LAQ) sit

- Sit, with involved leg bent to 90 degrees, as shown.
- Straighten leg at knee.
- Return to start position.

Perform 2 sets of 10 Repetitions,  
once a day.

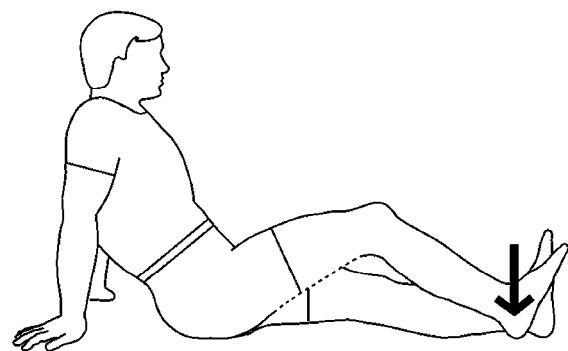
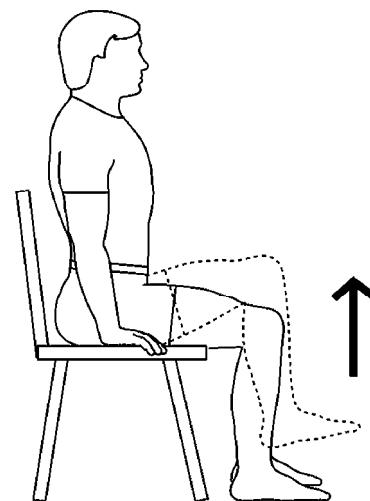
Hold exercise for 3 Seconds.

AROM hip flex sit

- Sit in chair with feet on floor.
- Lift knee of involved leg up and lower slowly.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 3 Seconds.



Iso knee flex sit (hamstring sets)

- Sit with leg extended.
- Without moving leg, tighten muscles on back of leg, trying to push heel down.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.

AROM knee flex prone

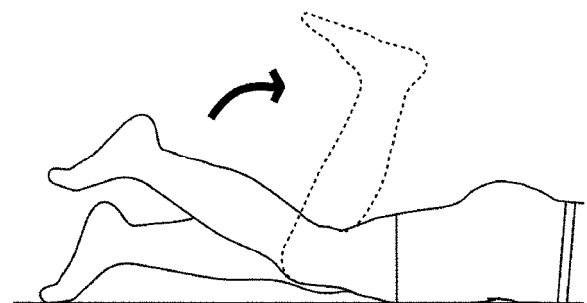
- Lie face down, legs straight.
- Bend involved knee upward.
- Return to start position.

Special Instructions:

Do not let buttocks or hips raise upward.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

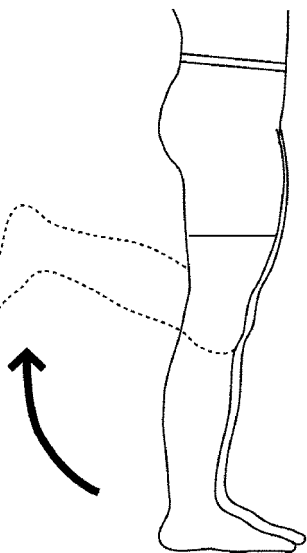


AROM knee flex uni standing

- Stand, bend involved leg toward hip through full range.
- Return to starting position.
- Do not bend leg at hips.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.



AROM knee squat bil partial

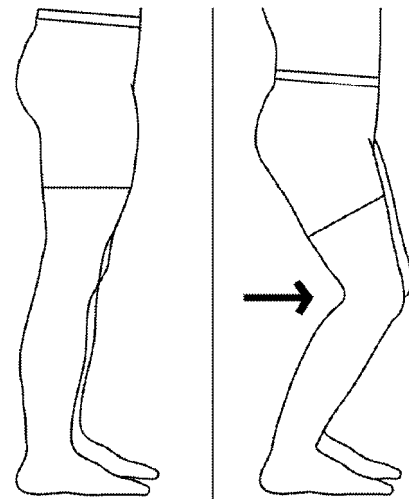
- Stand on both legs.
- Use wall or secure object to maintain balance if needed.
- Bend knees to 45 degrees.
- Return to starting position.

Special Instructions:

Hold on to chair, wall or walker.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.

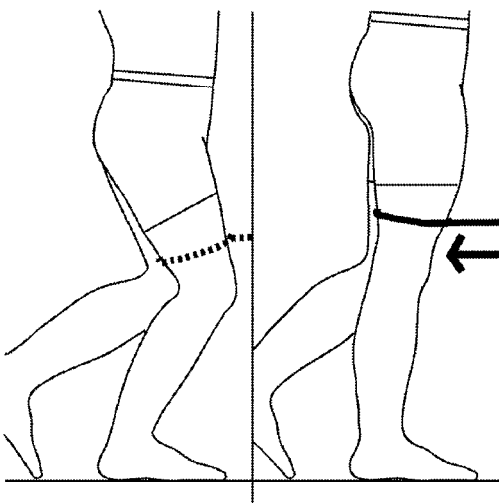


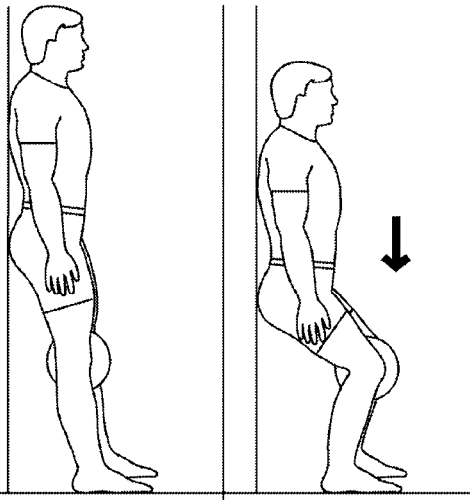
Resist knee ext uni stand w/elastic

- 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 every other 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 5 Seconds.

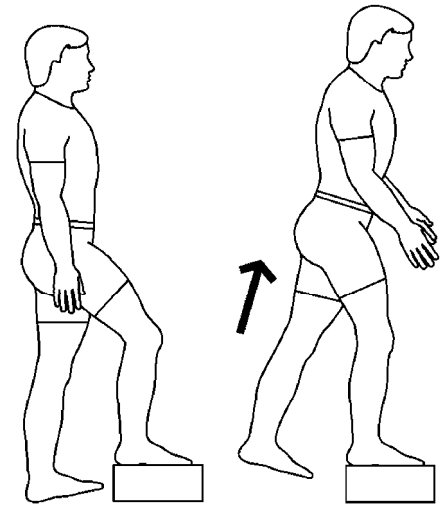
AROM knee step ups

- Stand with involved leg up on step.
- Shift weight over knee.
- Step up slowly.
- Step back down leading with involved leg.
- Repeat.

Special Instructions:

Do not push off with trailing foot. This can be done by keeping ball of foot of the trailing foot lifted up.

Perform 1 set of 10 Repetitions,  
once a day.



Resist knee bike upright

- Ride stationary bike.
- Maintain proper low and mid back posture.
- Cycle at a \_\_\_\_\_ resistance.
- Cycle at a \_\_\_\_\_ speed.
- Maintain a comfortable pace for \_\_\_\_\_.

Special Instructions:

This is not for exercise. This is for range of motion. Don't over exert yourself.

Perform 1 set of 10 Minutes,  
once a day.

