

**Knee Home Exercise Program
Sports Medicine**

STRETCHING

Double Leg Pull

While lying on your back with both of your knees bent. Gently pull both knees to your chest. Hold for 5 seconds. Return to the original position. Repeat 3 sets of 10 repetitions 3 times a day.



Single Leg Pull

While lying on your back with both of your knees bent. Gently pull one knee to your chest while the other leg and back are on the table. Hold for 5 seconds. Return to the original position.

Switch legs. Repeat 3 sets of 10 repetitions 3 times a day on both sides.



Seated Knee Bends

While sitting on the table with the knee straight, slowly slide the heel towards your buttock, gently bending the knee with your hands. This should be done slowly, gradually increasing knee flexion by a steady pull.



Knee Bends Against a Chair

While standing, prop the foot of the affected leg onto the seat of a chair. Gradually lean forward so that the affected knee moves in front of the foot and ankle. Avoid any bouncing or sudden movements. Hold knee in maximal flexion for 5 seconds. Repeat.



Hamstring Stretching

While lying down or standing, slowly reach both hands towards your toes while keeping the knees extended. Hold for 10 seconds, relax and repeat.



STRENGTHENING

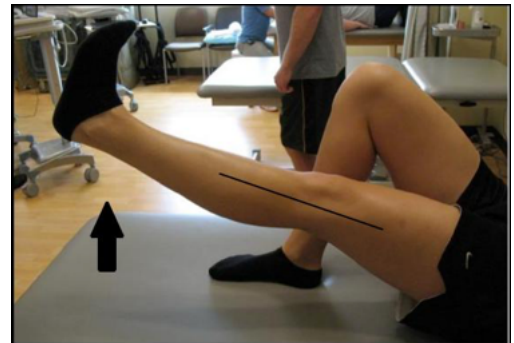
Heel Prop/Quad Isometric

While lying flat on a table with knee straight, place heel on a rolled towel. Heel must be high enough so that thigh and calf are off the ground. Tighten the quadriceps muscles on the front of your thigh by pressing your knee down into the bed. Hold the contraction for 10 seconds before releasing pressure. Do this exercise as often as possible, up to 100 times a day.



Straight Leg Raises

While lying flat on a table with the injured knee straight, tighten quadriceps muscles firmly. Slowly lift injured leg one foot off of the table and hold for 3 seconds before gently returning to resting position. Repeat 3 sets of 10 repetitions 3 times a day. When you are able to lift the last set of 10 repetitions with ease, you may begin to add ankle weights. Increase the weight in 3 to 5 pound increments as tolerated. Make sure you can comfortably perform all repetitions two days in a row before increasing the weight.



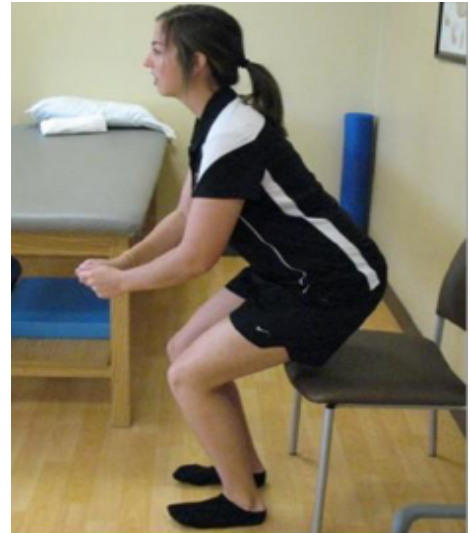
Wall Slides/Sits

While doing this knee exercise, wear sturdy shoes that provide good support for your feet. Make sure you are standing on carpet or a non-slippery surface. Stand with your back against a wall, and your feet straight in front of you. Slide down, keeping your back against the wall, until you are in a slight sitting position. Slide down only as far as you feel comfortable; when you get stronger you will be able to slide into more of a sitting position. Starting from a standing position, repeat 3 sets of 10 repetitions 3 times a day.



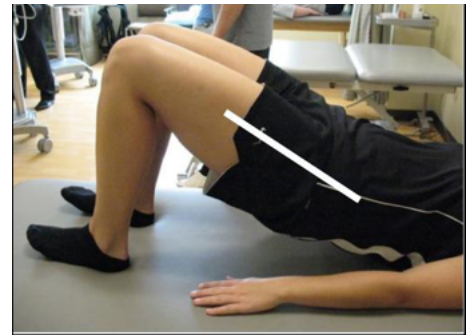
Sit to Stand

Sit in the chair of your choice. Slide forward as far as possible. Move your feet back so your heels are lined up with the front edge of the chair. Use your butt and legs to stand up. Lightly use your hands on the chair if necessary. Repeat 3 sets of 10 repetitions 3 times a day.



Bridging

While lying on your back, bend both knees with your feet flat and shoulder width apart. Keeping your feet in place, tighten and raise your buttocks off the ground. Hold for 5 seconds. Return to original position. Repeat 3 sets of 10 repetitions 3 times a day.



Knee Extension

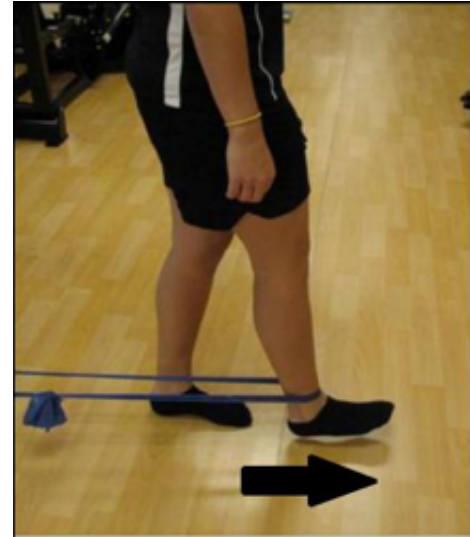
While standing with the theraband around the ankle of the injured leg, bend the hip and knee. Extend the knee out straight. Hold for 3-5 seconds. Return to original position. Repeat 3 sets of 10 repetitions 3 times a day.





Hip Flexion

While standing with the theraband around the ankle of the injured leg, keep the leg straight and move the leg forward. Hold for 3-5 seconds. Return to original position. Repeat 3 sets of 10 repetitions 3 times a day.



Hip Extension

While standing with the theraband around the ankle of the injured leg, extend the hip while keeping the knee straight. Hold for 3-5 seconds. Return to original position. Repeat 3 sets of 10 repetitions 3 times a day.



Hamstring Curls

While standing with the theraband around the ankle of the injured leg, bend the knee as the hip remains straight

