

1st
Phase

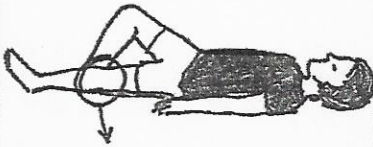
KNEE

Isometric Therapeutic Exercises

GENERAL INSTRUCTIONS:

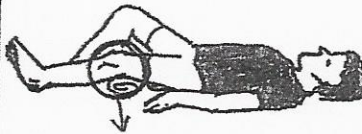
Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 of each.

Extensors Level A: Lie on your back with your leg straight. Press the back of your knee downward. This will tighten the muscle on top of your thigh and move your kneecap downward. Hold 5 seconds. Repeat.



1

Extensors Level B: Lie on your back with leg straight. Place a small towel rolled under your knee. Place the back of your knee downward. This will tighten the muscle on the top of your thigh and move your kneecap as shown. Hold 5 seconds. Repeat.



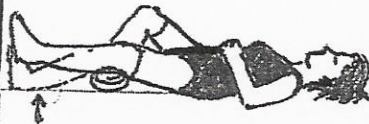
2

Extensors Level C: Lie as shown with a small towel rolled under your ankle. Press ankle down onto roll. Hold 5 seconds. Repeat.



3

Extensors Level D: Lie on your back with a small towel rolled under your knee. Raise heel off floor until knee is straight. Hold 5 seconds and slowly lower. Repeat.



4

Extensors Level E: Sit on the edge of a table or chair. Cross ankles as shown, with the stiff knee on the bottom. Press downward with the upper leg so that you feel a stretch. Hold 5 seconds. Repeat.



5

Flexors: Lie as shown with knee bent partially. Press heel to floor. Hold 5 seconds. Repeat.



6

EXERCISE GUIDELINES:

Exhale on exertion. Hold position for 5 seconds and then relax.
Pulling sensations may occur while exercising. Stop exercising if you experience pain, nausea or dizziness.

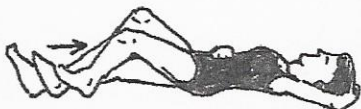
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Range of Motion Flexion Therapeutic Exercises

GENERAL INSTRUCTIONS:

Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 of each.

Flexion Level A: Lie flat on back. Slide heel toward your buttocks, bending the knee. Hold 5 seconds and slowly lower. Repeat.



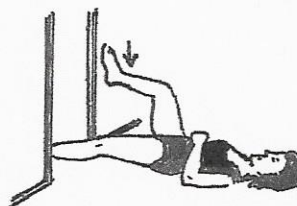
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Flexion Level B: Lie on side with top leg straight. Then bend top knee slowly. Repeat.



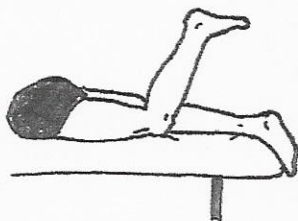
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Flexion Level C: Lie on floor as shown with toes lightly touching wall. Let the weight of gravity bend your knee, as you let your toes slide down the wall. Hold 5 seconds.



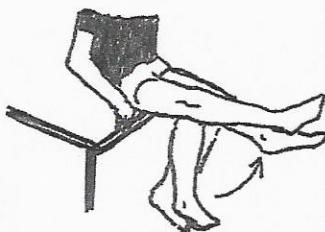
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Flexion Level D: Lie as shown. Slowly bend knee. Hold 5 seconds and slowly lower. Repeat.



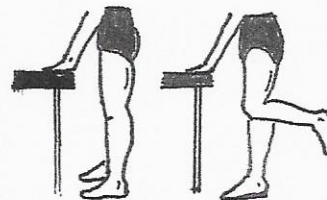
4

Flexion Level E: Sit on edge of table or bed. Straighten knee with assistance of other leg. Then slowly lower the leg under its own power. Repeat.



5

Flexion Level F: Stand holding onto solid object as shown. Slowly bend knee. Hold 5 seconds and slowly



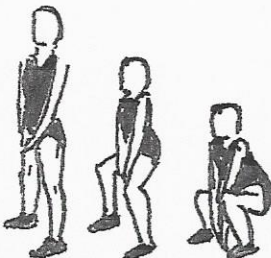
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Flexion Level G: Stand, holding on to the back of a chair with feet shoulder width apart. Squat slowly, bending your knees. You may come up on your toes as you squat. Hold 5 seconds. Repeat.



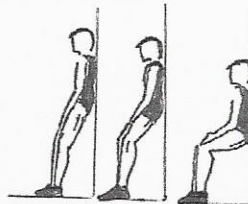
7

Flexion Level H: Stand with feet shoulder width apart as shown. Squat slowly, bending your knees. Hold 5 seconds. Repeat.



8

Flexion Level I: Stand with back against wall, feet shoulder width apart and 18 inches from wall. Slowly slide down wall until you are in "chair" position. Hold 5 seconds. Repeat.



9

EXERCISE GUIDELINES:

Exhale on exertion. Hold position for 5 seconds and then relax.
Pulling sensations may occur while exercising. Stop exercising if you experience pain, nausea or dizziness.

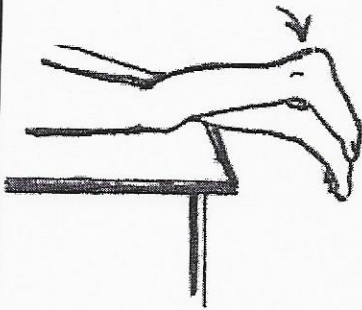
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Range of Motion Extension & External Rotation Therapeutic Exercises

GENERAL INSTRUCTIONS:

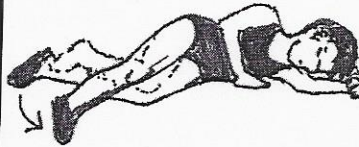
Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 of each.

Extension Level A: Lie on table with feet hanging over end as shown. Slowly allow gravity to extend your knee. Hold 5 seconds and repeat.



1

Extension Level B: Lie on side with both knees bent. Straighten top leg fully. Repeat.



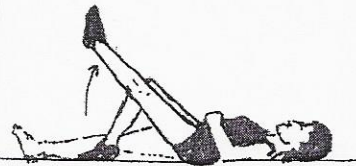
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Extension Level C: Sit on edge of table or bed. Straighten knee with assistance of other leg. Then slowly lower leg, assisting with other leg as needed. Try to do as much of the work with the leg as possible. Repeat.



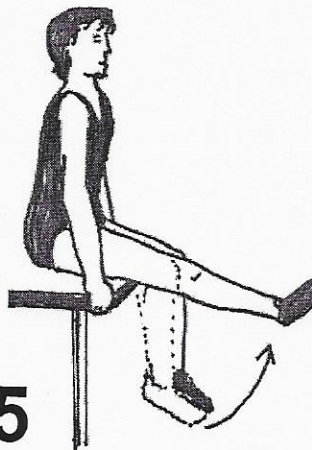
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Extension Level D: Lie on your back with knee straight and the other knee bent as shown. Keep the leg completely straight, then raise it up. Hold 5 seconds and slowly lower. Repeat.



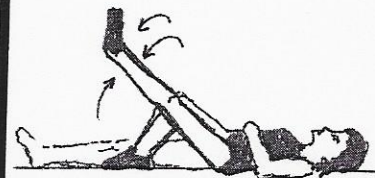
4

Extension Level E: Sit on edge of table or bed. Straighten knee fully. Hold 5 seconds and slowly lower. Repeat.



5

External Rotation: Lie on back with knee straight and the other knee bent as shown. Keep leg completely straight with toes pointed outward, then raise it up. Hold 5 seconds and slowly lower. Repeat.



6

EXERCISE GUIDELINES:

Exhale on exertion. Hold position for 5 seconds and then relax.
Pulling sensations may occur while exercising. Stop exercising if you experience pain, nausea or dizziness.