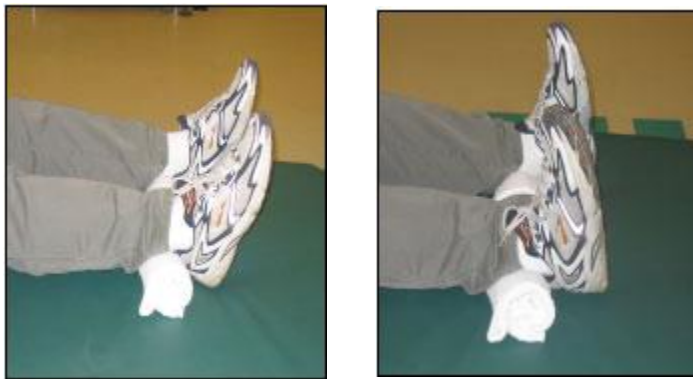


Lower Extremity Exercises - Knee

These exercises are to improve joint flexibility and muscle strength. Your therapist will modify the program as needed and provide instructions on doing the exercises correctly.

Ankle Pumps



- Lie on back with a towel roll under ankles.
- Point toes up toward the ceiling and then downward.
- Hold each position for 5 seconds.
- Repeat ____ times.

Quad Sets



- Lie on back with a towel roll under knees.
- Press the back of your knees into the towel.
- Hold for 5 seconds.
- Repeat ____ times.

Hip Abduction



- Lie on back with legs together.
- Move one leg out to the side. (Keep leg straight and toes pointed to the ceiling.)
- Hold for 5 seconds.
- Bring leg back to the center.
- Repeat ____ times.
- Continue with other leg.

Heel Slides



- Lie on back with legs straight.
- Slide one heel up toward your body.
- Hold for 5 seconds.
- Straighten leg.
- Repeat ____ times.
- Change legs and repeat.

Glut Sets



- Lie on back with legs straight.
- Squeeze buttocks together.
- Hold for 5 seconds.
- Repeat ____ times.

Short Arc Quads



- Lie on back.
- Place a bolster or rolled up blanket under knees.
- Straighten one leg at the knee.
- Hold for 5 seconds.
- Return to the starting position.
- Repeat ____ times.
- Continue with the other leg.

Hamstring Sets



- Lie on back with knees slightly bent. (You may need to put a bolster or towel roll under your knees for support.)
- Pull heels into the mat and tighten the back of your thigh. (Legs should not move.)
- Hold for 5 seconds.
- Relax.
- Repeat ____ times.

Bridging



- Lie on back with knees bent.
- Lift buttocks off the mat.
- Hold for 5 seconds.
- Slowly lower buttocks.
- Repeat ____ times.

Single Leg Bridging



- Lie on back with one knee bent.
- Lift buttocks off the mat.
- Hold for 5 seconds.
- Slowly lower your buttocks.
- Repeat ____ times.
- Continue with other leg.

Straight Leg Raise



- Lie on back with one knee bent.
- Raise straight leg even with bent knee.
- Hold for 5 seconds.
- Slowly lower straight leg.
- Repeat ____ times.
- Change legs and repeat ____ times.

Side Leg Lifts



- Lie on side with bottom leg bent.
- Keep top leg straight.
- Raise top leg.
- Hold for 5 seconds.
- Slowly lower leg.
- Repeat ____ times.
- Change legs and repeat ____ times.

Prone Knee Bends



- Lie on stomach with legs straight.
- Bend one knee.
- Hold for 5 seconds.
- Slowly lower leg.
- Repeat ____ times.
- Change legs and repeat ____ times.

Sitting Knee Extension



- Sit in a chair or on the edge of the bed with knees bent and feet underneath you.
- Straighten one leg as much as you can.
- Hold for 5 seconds.
- Slowly lower leg.
- Repeat ____ times.
- Change legs and repeat ____ times.

Sitting Knee Flexion



- Sit with feet on a bolster. (At home you can use a coffee can or rolling pin.)
- Slowly roll the bolster back toward you as far as you can.
- Hold for 5 seconds.
- Slowly roll the bolster away from you, straightening your legs.
- Repeat ____ times.

Standing Knee Flexion

Do



Don't



- Stand at a supportive surface.
- Bend one knee, bringing foot to buttocks.
- Do not let knee come forward in front of your body.
- Hold for 5 seconds.
- Slowly lower foot.
- Repeat ____ times.
- Change legs and repeat ____ times.

Mini-Squats

Do



Don't



- Stand at a supportive surface.
- Bend both knees slightly, as if sitting back in a chair.
- Do not let knees come forward over your toes.
- Keep heels down.
- Hold for 5 seconds and return to standing.
- Repeat ____ times.

Hip Extension



- Stand at a supportive surface.
- Bring one leg backwards, keeping leg straight and taking foot off floor.
- Hold for 5 seconds and return to standing position.
- Repeat ____ times.
- Change legs and repeat ____ times.

Hip Abduction



- Stand at a supportive surface.
- Keep one leg straight and lift out to side.
- Hold for 5 seconds.
- Slowly bring leg down.
- Repeat ____ times.
- Change legs and repeat ____ times.

Marching



- Stand at a supportive surface.
- March in place holding each leg up for 5 seconds.
- Repeat ____ times.

Toe Raises



- Stand at a supportive surface.
- Rise up on toes.
- Hold for 5 seconds.
- Slowly lower yourself back down.
- Repeat ____ times.

Step Ups



- Stand at a supportive surface.
- Place one foot on a small step.
- Slowly step up, keeping lower foot off the step.
- Hold for 5 seconds.
- Return to the starting position.
- Repeat ____ times.
- Change legs and repeat ____ times.

Step Downs



- Stand at a supportive surface.
- Place both feet on a small step.
- Slowly lower one heel toward the floor. Hold for 5 seconds.
- Return foot to the step.
- Repeat ____ times.
- Change legs and repeat ____ times.

Lateral Steps



- Stand at a supportive surface.
- Place one foot on a small step.
- Place the other foot on the floor next to the step.
- Lift leg off the floor.
- Slowly lower leg toward the floor.
- Hold foot just off the floor for 5 seconds.
- Lift leg again.
- Repeat ____ times.
- Change legs and continue ____ times.

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