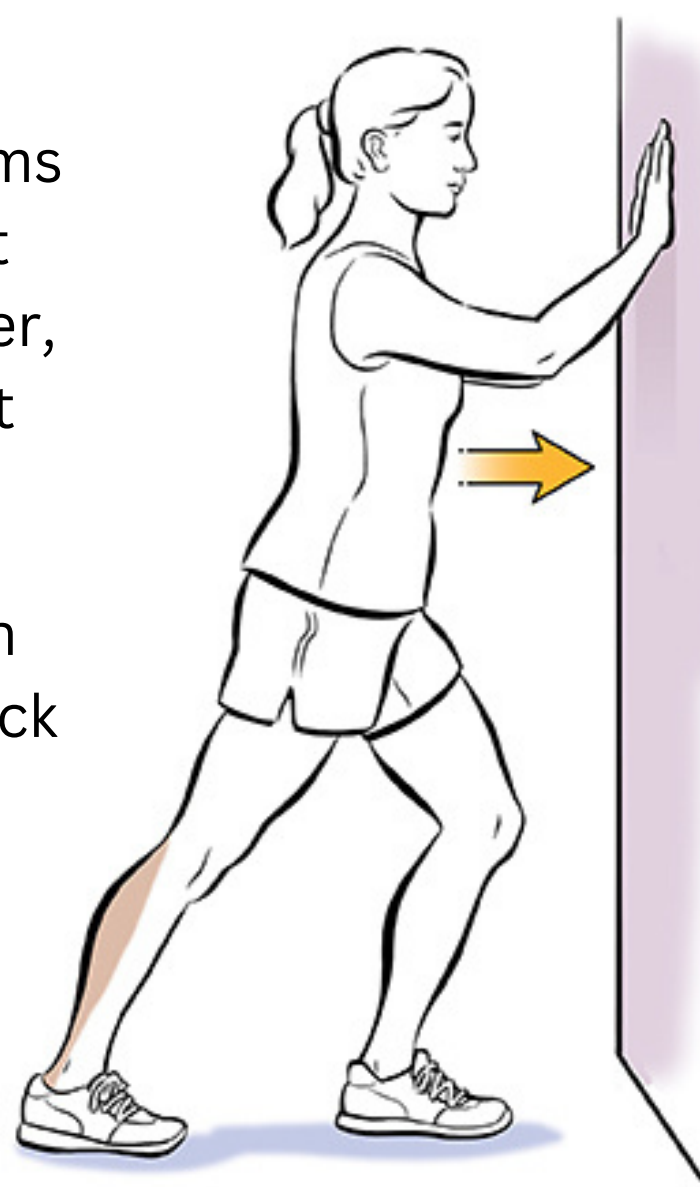


# KNEE EXERCISES

These exercise are designed to stretch and strengthen your knees. Read through all instructions before beginning an exercise. Breathe normally and don't bounce. If you feel any pain, stop the exercise immediately and inform your health care provider

## CALF STRETCH

- 1 Position yourself with your arms braced against a wall, one foot several inches behind the other, and both feet pointing straight ahead.
- 2 Bend your front leg. Keep both heels on the floor and your back leg straight. Hold for \_\_\_\_\_ seconds. Bend your back leg. Repeat \_\_\_\_\_ times. Then switch sides.

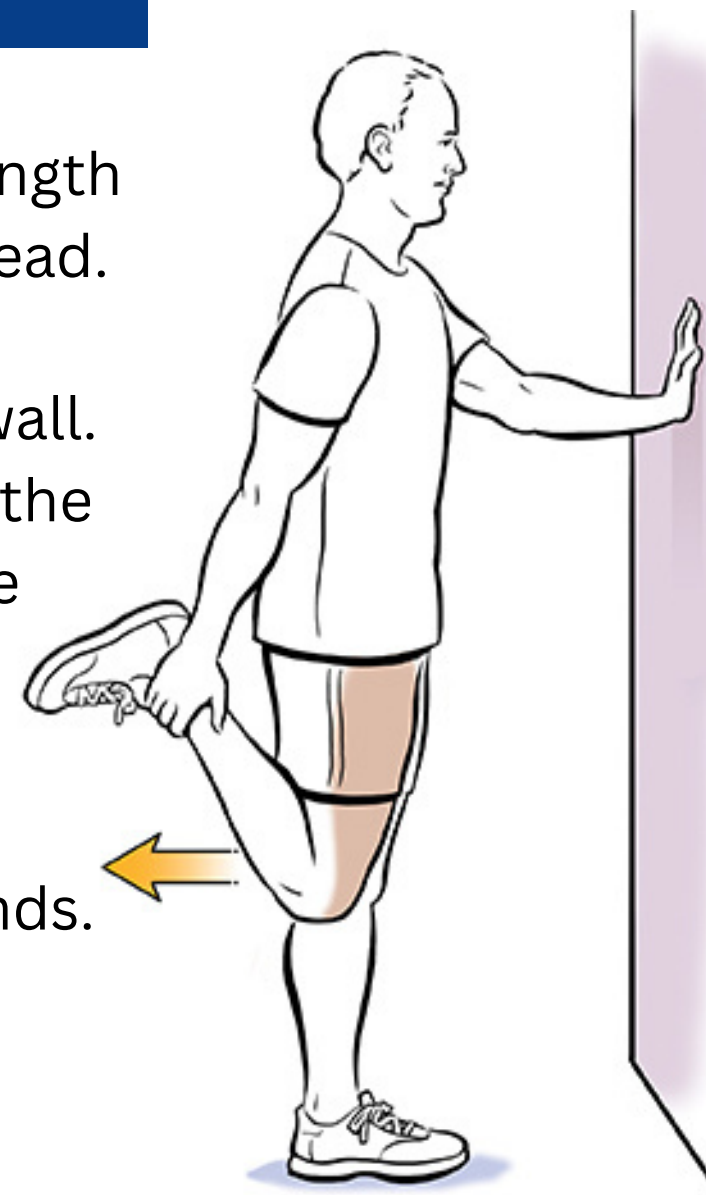


### CAUTION

- Don't lift your back heel.
- Don't arch your back

## QUADRICEPS STRETCH

- 1 Position yourself an arm's length from a wall. Look straight ahead.
- 2 Place one hand against the wall. With your other hand, grasp the ankle of the foot on the same side.
- 3 When you feel the stretch in your thigh, hold for 30 seconds. Repeat 3 times, then switch sides.

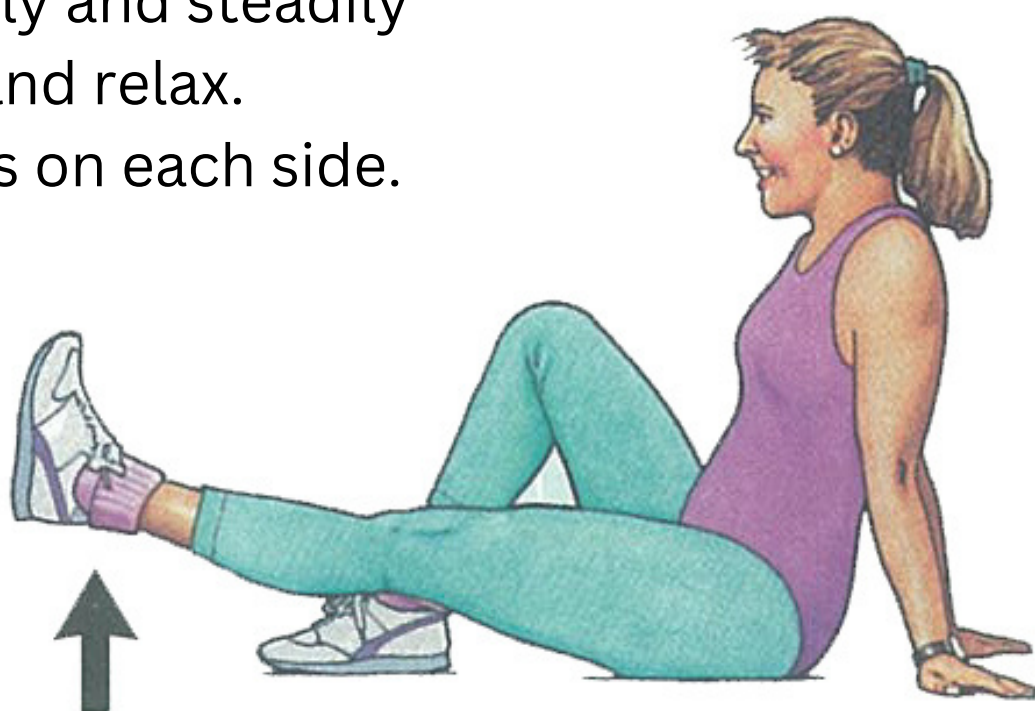


### CAUTION

- Don't arch your back
- Don't twist your back to reach your leg

## LEG RAISE

- 1 Sit on the floor with one leg straight, the other bent.
- 2 Raise your straight leg 6-8 inches. Then lower it slowly and steadily back to the floor and relax. Repeat 3X10 times on each side.

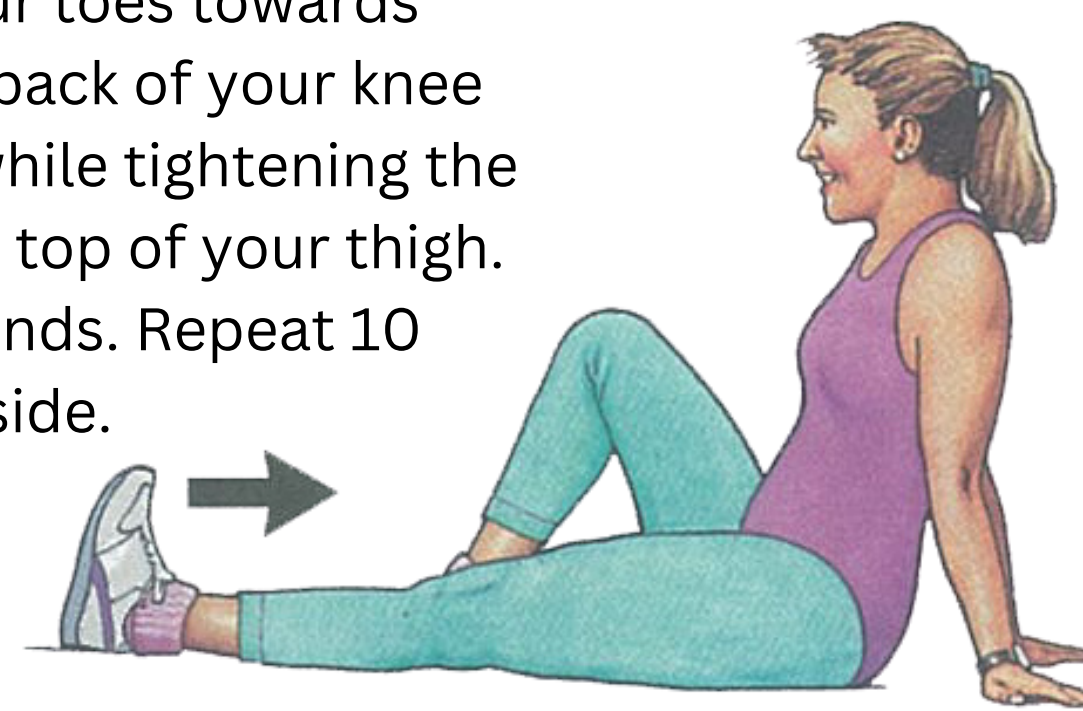


### CAUTION

- Don't arch your back.
- Don't hunch your shoulders.

## QUAD SET

- 1 Sit on the floor with one leg straight, the other bent.
- 2 Flex the foot of your straight leg by pointing your toes towards you. Press the back of your knee into the floor while tightening the muscles on the top of your thigh. Hold for 5 seconds. Repeat 10 times on each side.



### CAUTION

- Don't arch your back.

# KNEE EXERCISES

## SEATED KNEE EXTENTION

- 1 Sit on a chair or bench with your back straight and your feet flat on the floor.
- 2 Slowly straighten one leg out in front of you. Then lower your foot slowly and steadily back to the floor and relax. Repeat 3X10 times on each side.

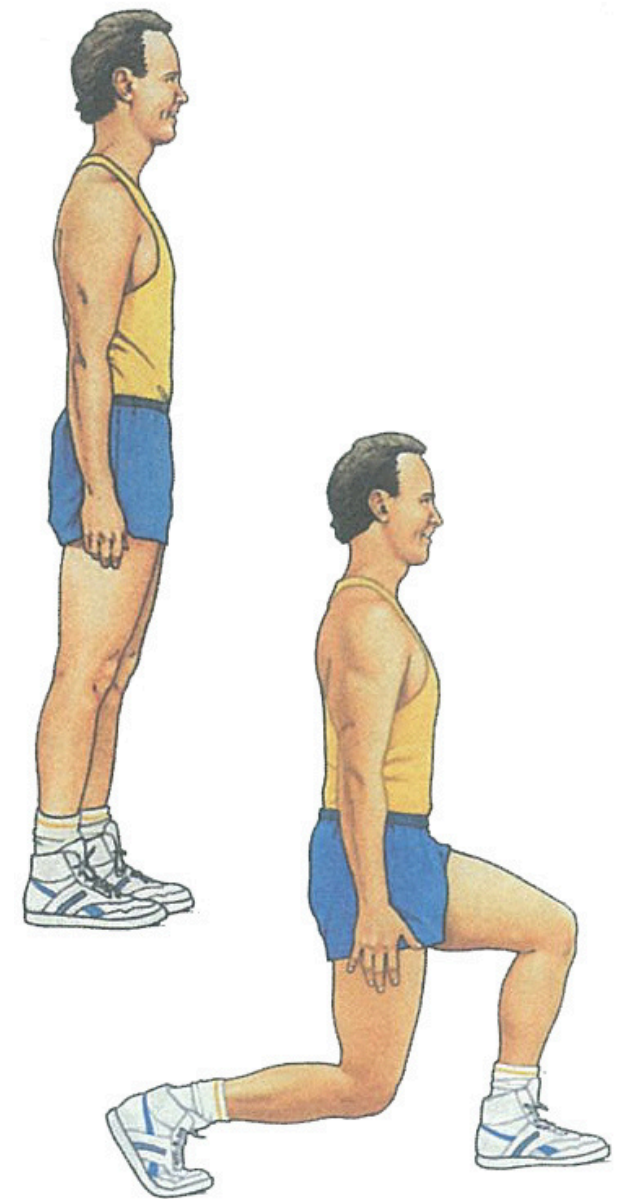


### CAUTION

- Don't arch your back

## LEG LUNGE

- 1 Stand with your feet 1-2 inches apart.
- 2 Step out as far as you can comfortably, keeping your back straight. As you step, the heel of the foot in back comes off the floor. Return smoothly to your starting position. 2X 30seconds

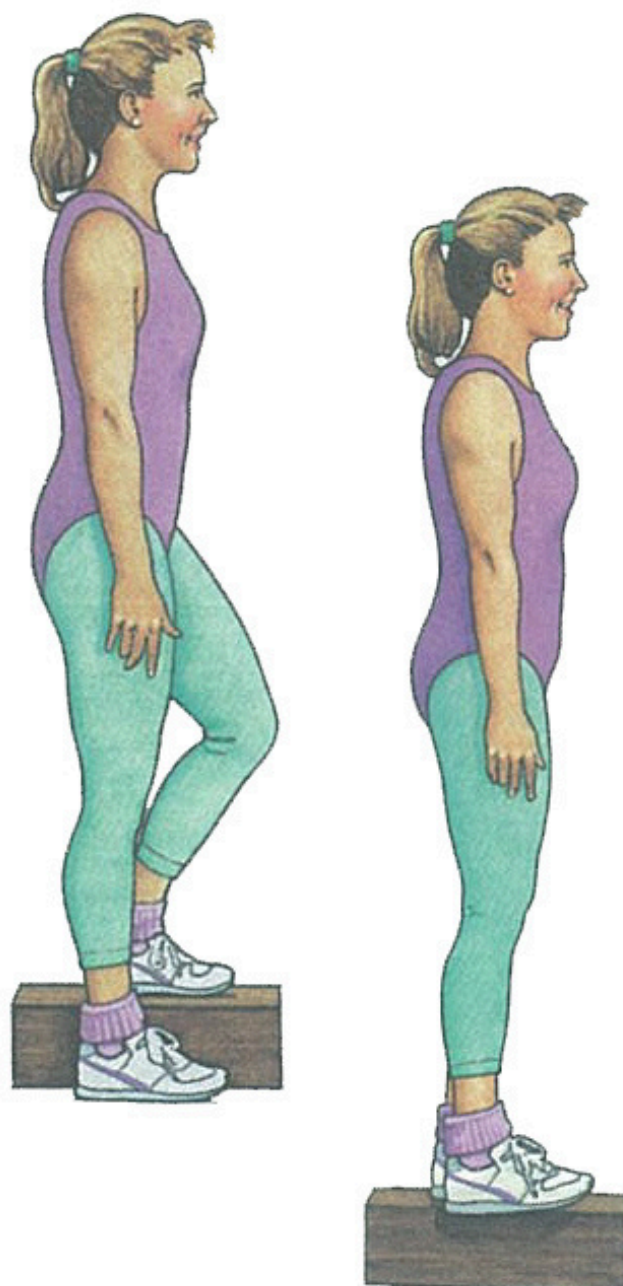


### CAUTION

- Don't bend forward.
- Don't lunge so far that your rear knee touches the floor.

## STEP-UPS

- 1 Stand with one foot on a 3-inch to 5-inch support (such as a block of wood) and the other foot flat on the floor
- 2 Shift your weight onto the foot on the block, straightening that knee and raising your other foot off the floor. Then slowly lower your foot, heel first, back to the floor. 2-3 sets of 10.



### CAUTION

- Don't lock your knees.
- Keep your weight on the foot on the block--don't push off from the floor.

## TOE RAISES

- 1 Stand with both feet flat on the floor, shoulder width apart. If you need support, steady yourself with your hands on a ledge, wall, or table
- 2 Flex the foot of your straight leg by pointing your toes towards you. Press the back of your knee into the floor while tightening the muscles on the top of your thigh. Hold for 5 seconds. Repeat 10 times on each side.



### CAUTION

- Don't lock your knees.
- Don't arch your back.