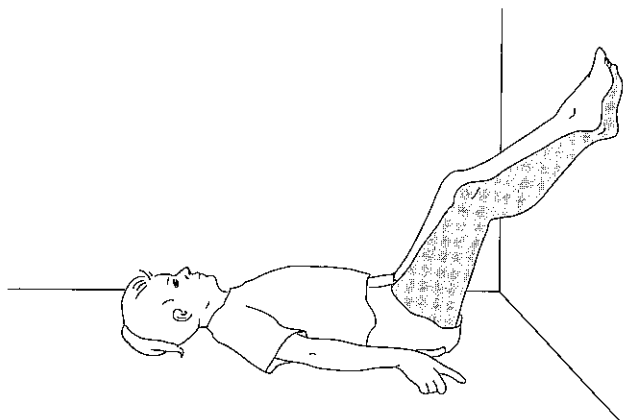


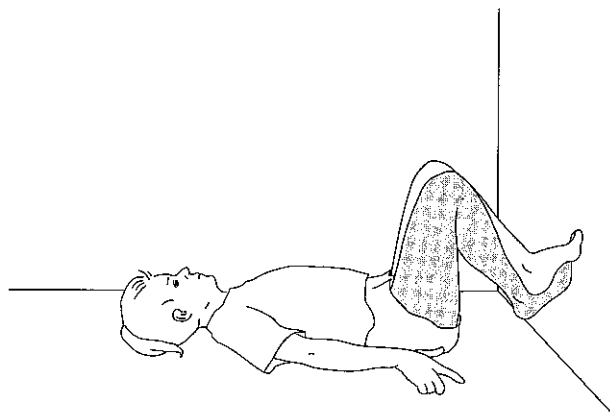
# Knee—Hints

1. Bend your knees every hour.
2. Keep your knees in a comfortable position when sitting.
3. Sleep with a pillow between your knees.
4. Use ice or heat on your knees to relieve discomfort. The general rule is that ice is better for severe pain and swelling. Heat is better for relieving aches and stiffness.
5. Break up long walks if your knees hurt.
6. Don't kneel.
7. Don't do deep squats.
8. Don't stay in the same position for longer than 30 minutes.
9. Don't walk long distances if your knees hurt.
10. Stop any exercise that causes knee pain either during or after the exercise.
11. Don't wear high-heeled shoes.

# Knee—Exercise 1



**A**



**B**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Lying on your back with your hips at 90° and involved foot on the wall. Your uninvolved ankle should rest on top of your involved ankle.

**Exercise:** Gently and slowly bend your involved knee so that your foot moves down the wall. Use your uninvolved leg to assist in stretching.

Hold \_\_\_\_\_ seconds.

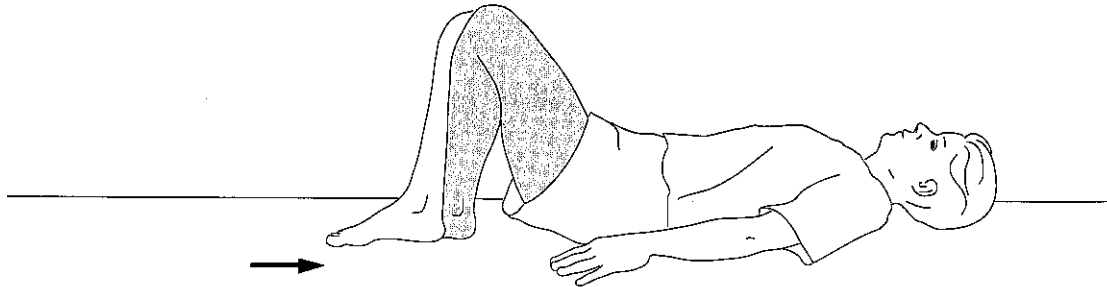
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 2



**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Lying on your back with involved knee bent as far as possible. Place uninvolved leg in front of it.

**Exercise:** Gently slide both legs toward your buttocks until a stretch is felt in your knee.

Hold \_\_\_\_\_ seconds.

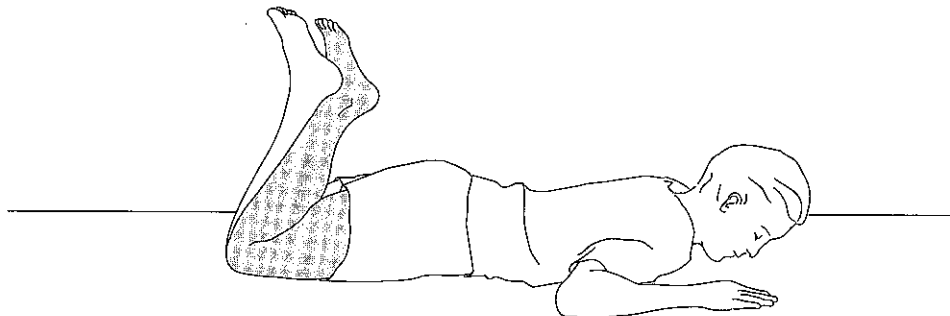
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 3



**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Lying on your stomach with knees bent, cross uninvolved ankle over your involved ankle.

**Exercise:** Gently pull your uninvolved ankle toward your buttock until a stretch is felt in your involved knee.

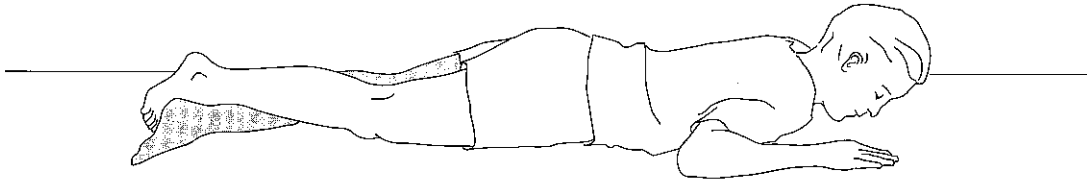
Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 4



**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Lying on your stomach.  
Uninvolved ankle is crossed over involved ankle.

**Exercise:** Gently push your involved knee  
straight until you feel a stretch.

Hold \_\_\_\_\_ seconds.

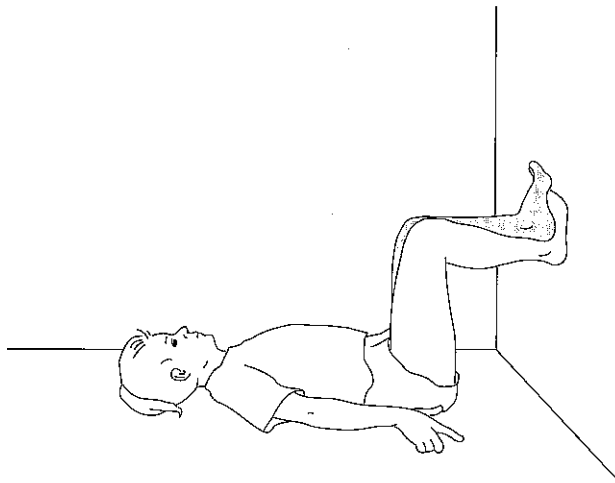
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

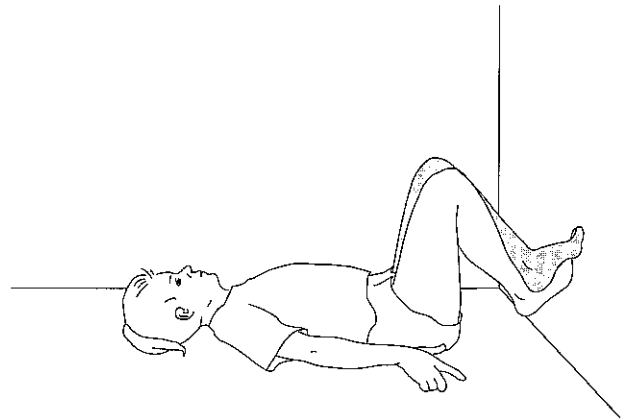
**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 5



A



B

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Lying on your back with your hips at 90° and your involved foot on the wall. Place your uninvolved ankle under your involved ankle.

**Exercise:** Gently and slowly lower your uninvolved ankle so that your involved knee bends. Continue lowering your ankle until a stretch is felt in your knee.

Hold \_\_\_\_\_ seconds.

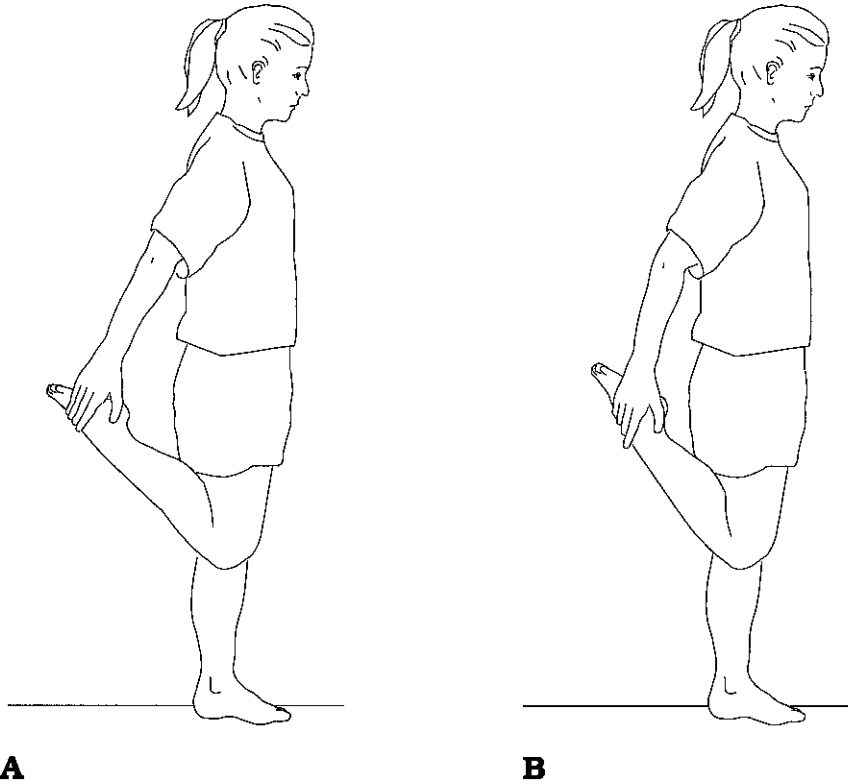
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 7



**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Standing on uninjured leg with injured leg bent at the knee and your thigh parallel to your standing leg. Grasp foot of bent leg with your injured hand.

**Exercise:** Tighten your stomach muscles as you gently pull your heel toward your buttocks. Do not arch your back.

Hold \_\_\_\_\_ seconds.

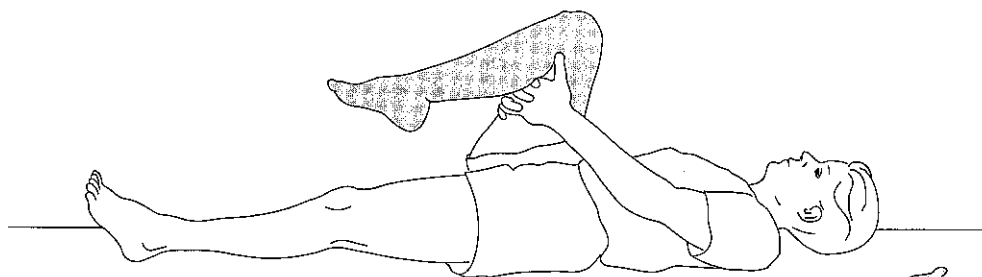
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

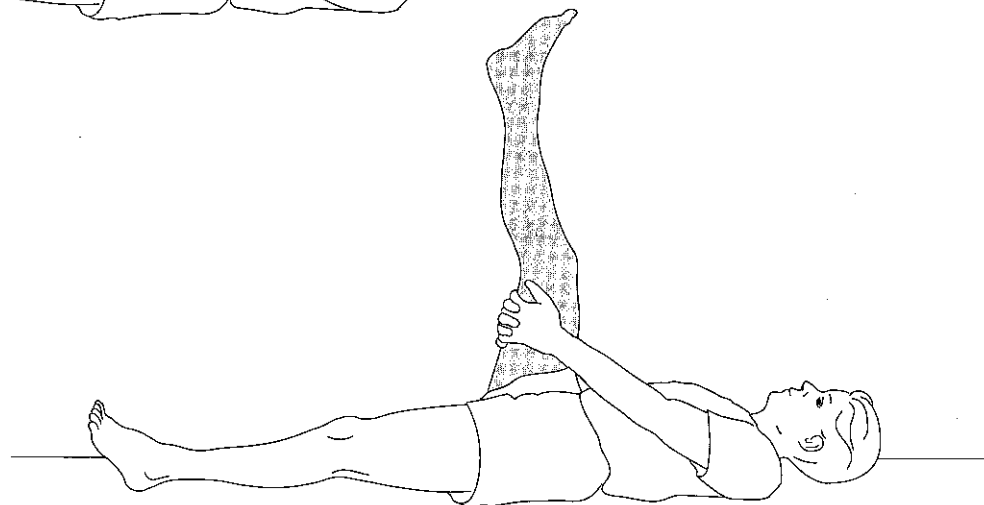
**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 6



**A**



**B**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Lying on your back with your hip bent to 90° and your hands clasped behind your knee.

**Exercise:** Slowly lift your leg toward the ceiling until a stretch is felt in the back of your thigh or calf.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

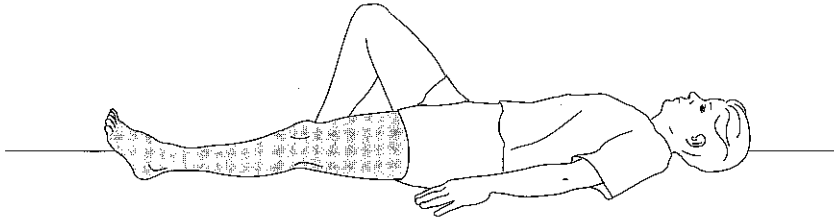
Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

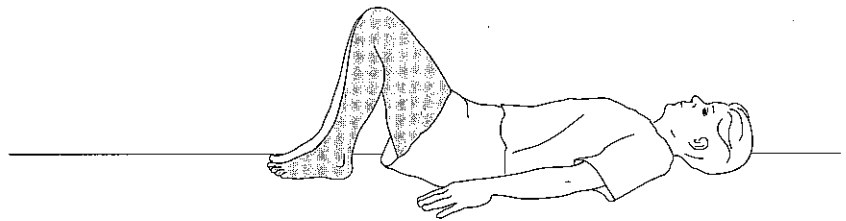
\_\_\_\_\_  
\_\_\_\_\_



# Knee—Exercise 8



**A**



**B**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Lying on your back with uninvolved knee bent and involved knee straight.

**Exercise:** Slowly slide your heel toward your buttock as your knee bends.

Use \_\_\_\_\_ pounds.

Hold \_\_\_\_\_ seconds

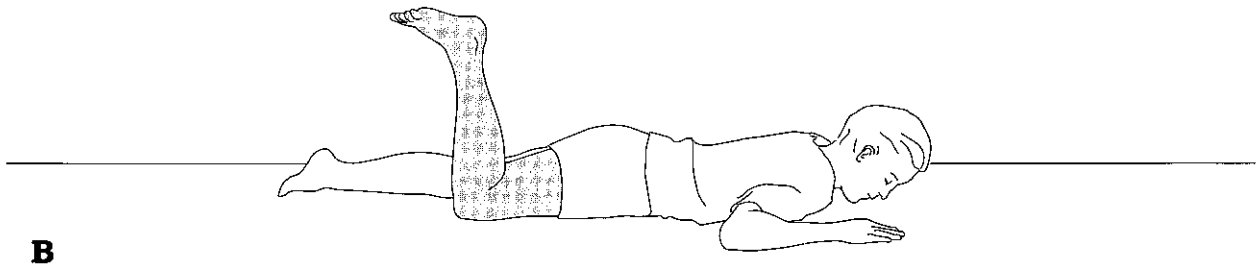
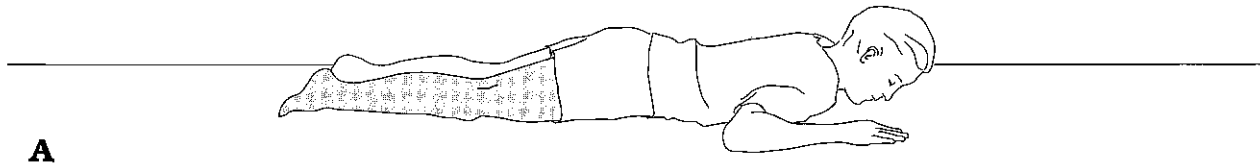
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 9



**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Lying on your stomach, both legs straight.

**Exercise:** Slowly pull involved heel toward your buttocks as your knee bends.

Use \_\_\_\_\_ pounds.

Hold \_\_\_\_\_ seconds.

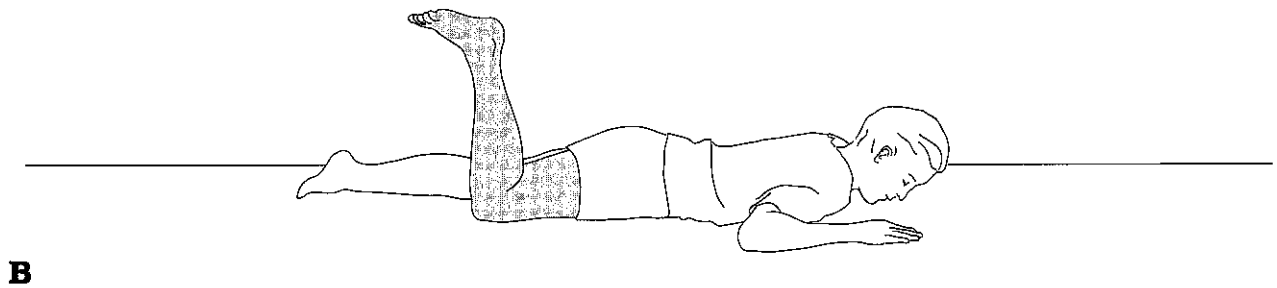
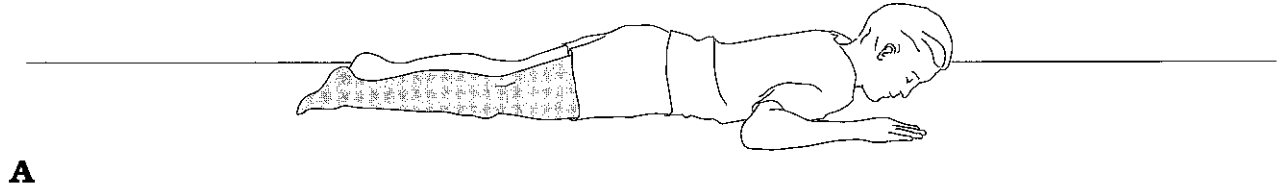
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 10



**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Lying on your stomach, both legs straight.

**Exercise:** Slowly pull involved heel toward your buttocks as your knee bends.

Hold \_\_\_\_\_ seconds.

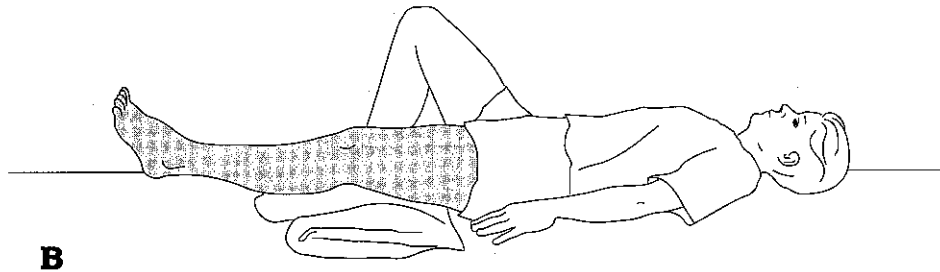
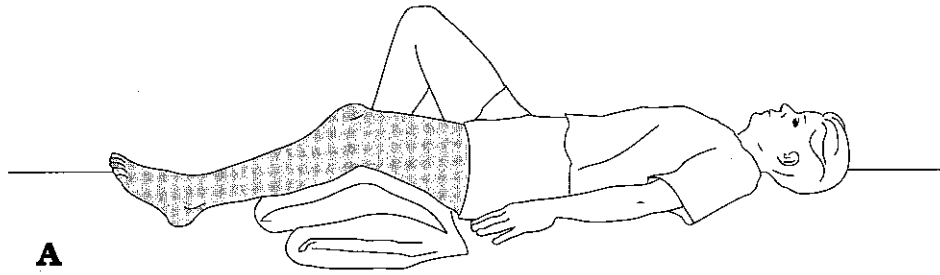
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 11



**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Lying on your back with involved knee over two pillows and your uninvolved knee bent.

**Exercise:** Slowly lift your foot toward the ceiling until your knee straightens. Keep your knee on the pillows.

Use \_\_\_\_\_ pounds.

Hold \_\_\_\_\_ seconds.

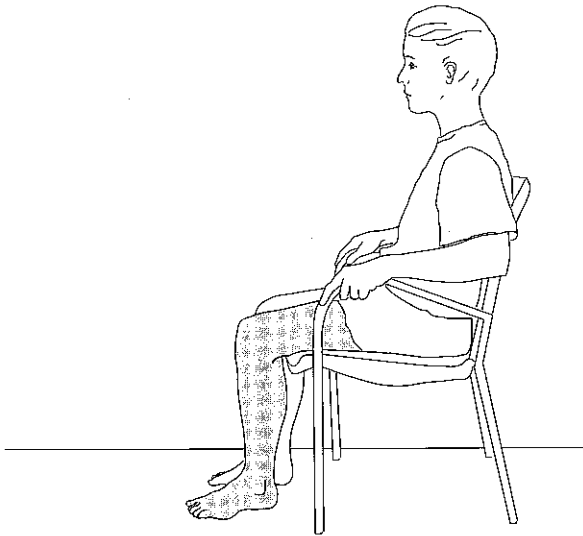
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

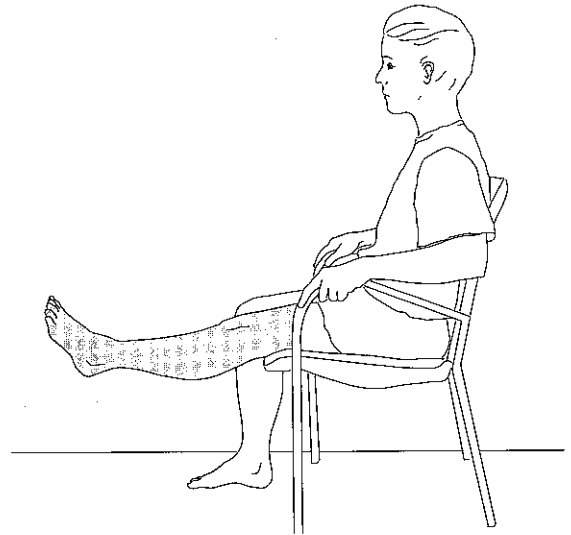
**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 12



**A**



**B**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Sitting in a chair with both knees bent.

**Exercise:** Slowly lift involved foot toward the ceiling until your knee straightens.

Use \_\_\_\_\_ pounds.

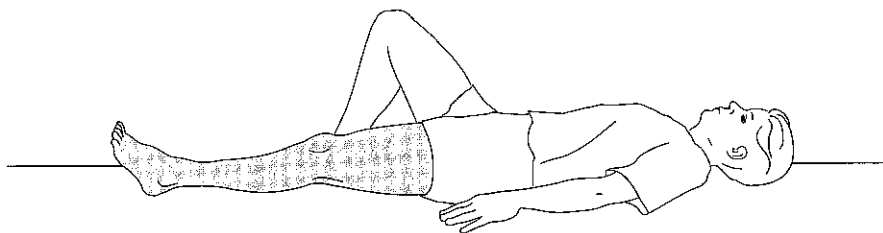
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

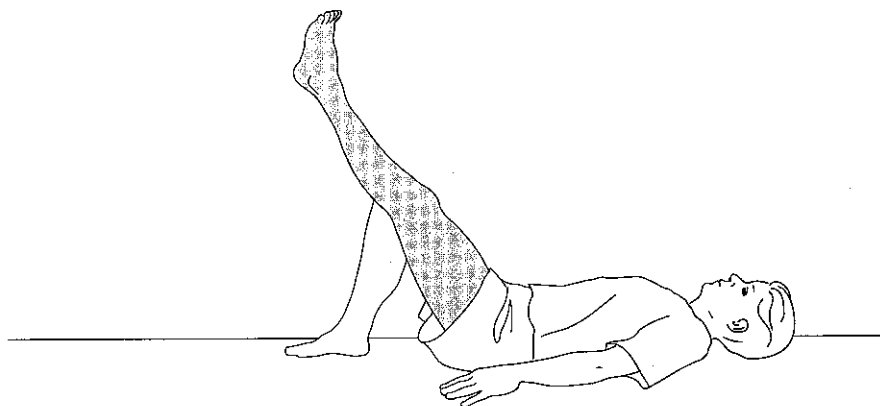
**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 13



**A**



**B**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Lying on your back, uninvolved knee bent and involved knee straight.

**Exercise:** Tighten the top muscle of involved thigh. Lift involved leg from the floor until the knee is even with the uninvolved knee. Keep involved leg straight.

Use \_\_\_\_\_ pounds.

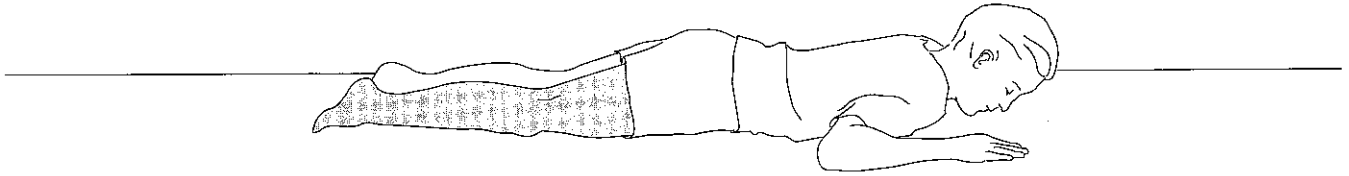
Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

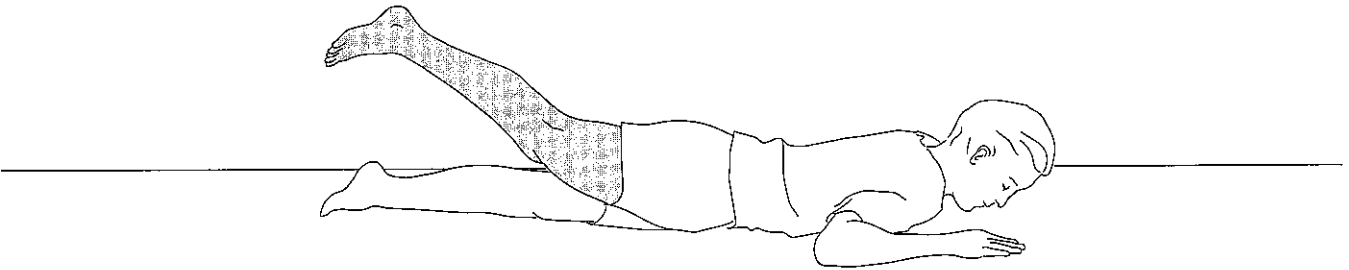
Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 14



**A**



**B**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Lying on your stomach, both legs straight.

**Exercise:** Tighten the top muscle of involved thigh. Lift involved leg from the floor keeping your knee straight.

Use \_\_\_\_\_ pounds.

Hold \_\_\_\_\_ seconds.

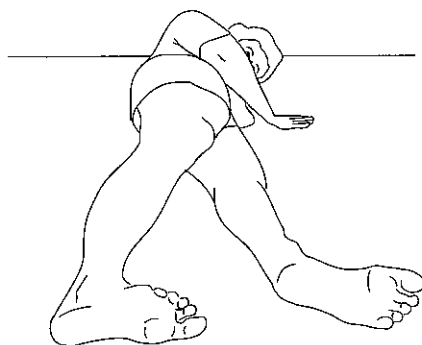
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

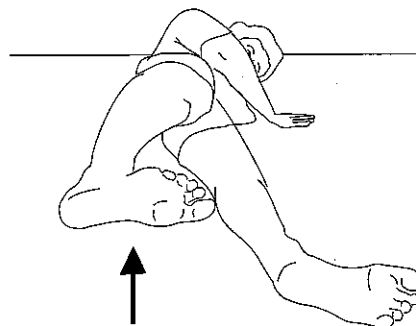
**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 15



**A**



**B**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Lying on your uninjured side with uninjured knee slightly bent and involved knee straight.

**Exercise:** Tighten the outside muscles of involved thigh. Lift involved leg toward the ceiling. Try not to let your hip roll backward as you lift.

Use \_\_\_\_\_ pounds.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

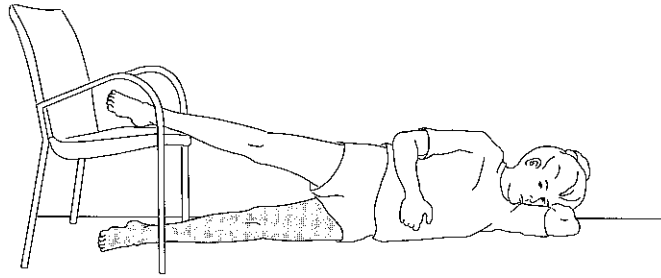
Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

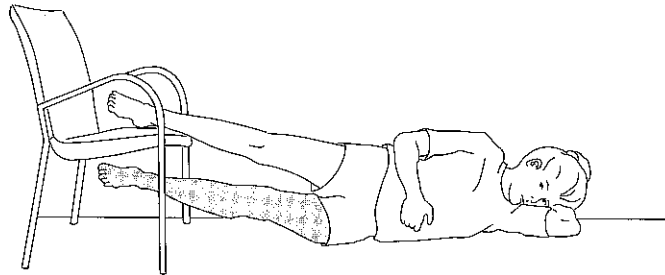
\_\_\_\_\_  
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# Knee—Exercise 16



**A**



**B**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Lying on your involved side with your uninvolved leg on a chair.

**Exercise:** Tighten the inside muscle of involved thigh. Lift involved leg from the floor to the bottom of the chair.

Use \_\_\_\_\_ pounds.

Hold \_\_\_\_\_ seconds.

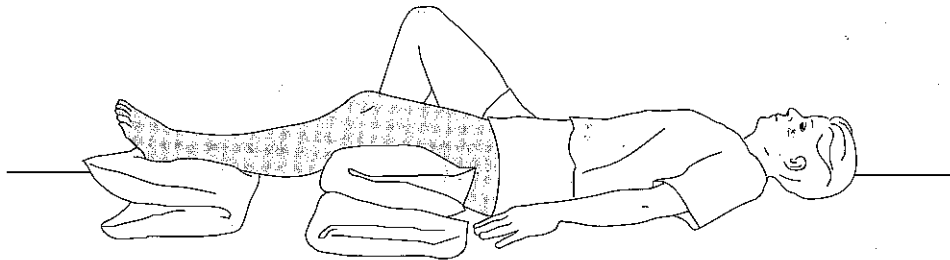
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

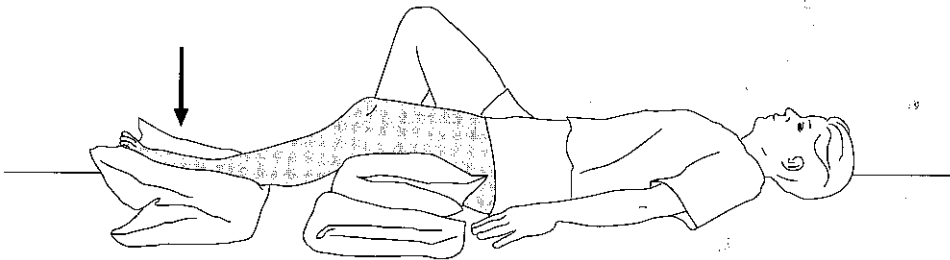
**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 17



**A**



**B**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Lying on your back, uninvolved knee bent and involved knee over two pillows. Involved foot rests on one pillow.

**Exercise:** Tighten the muscles on the back of involved thigh by pulling heel down into the floor. Start with light pressure, build to maximal pressure, then return to light pressure.

Hold \_\_\_\_\_ seconds.

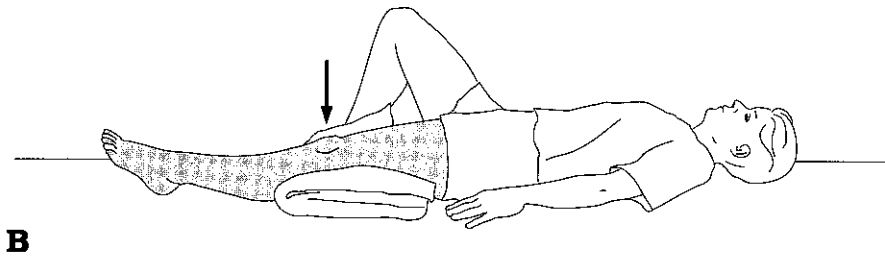
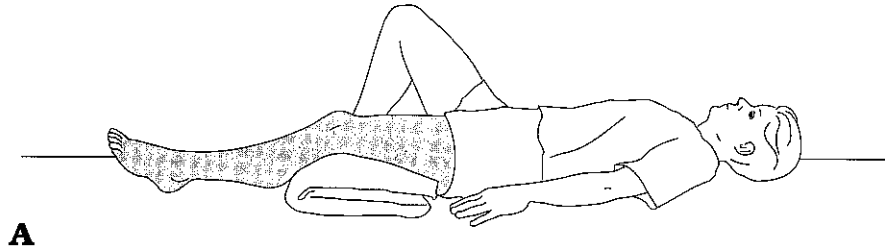
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 18



Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Starting position:** Lying on your back, uninvolved knee bent and involved knee over pillow.

**Exercise:** Tighten the top muscles of involved thigh by pushing your knee down into the floor. Start with light pressure, build to maximal pressure, then return to light pressure.

Hold \_\_\_\_\_ seconds.

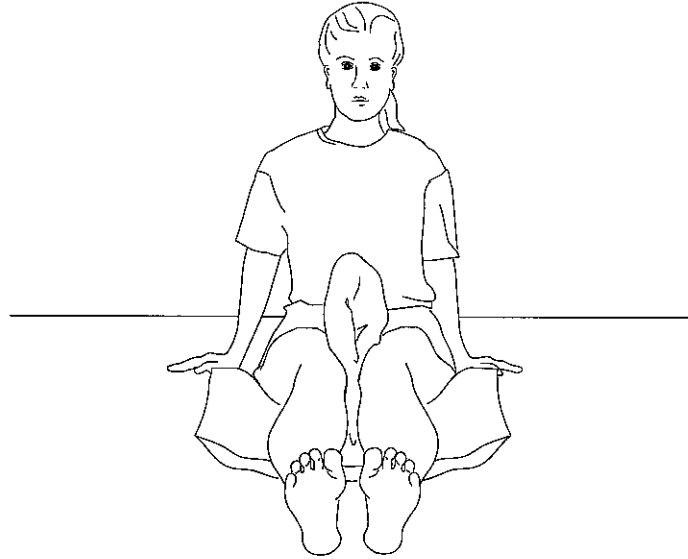
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 19



**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Sitting with a pillow between your knees and another pillow underneath your knees.

**Exercise:** Squeeze your knees together and, while maintaining this contraction, tighten the top muscles of your knees by pushing your knees down into the pillow.

Hold \_\_\_\_\_ seconds.

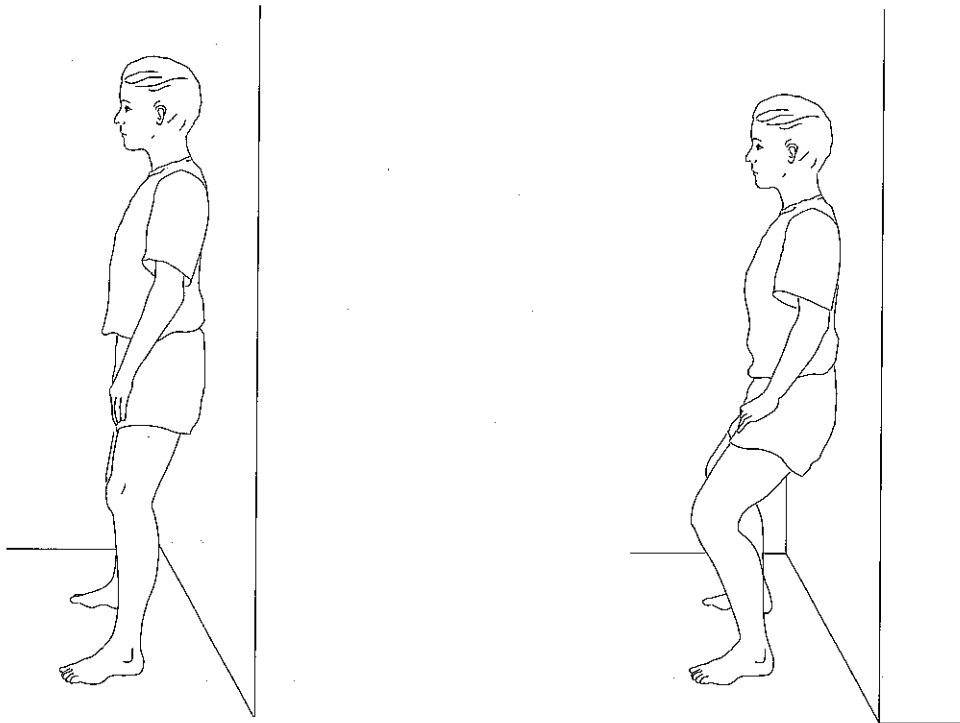
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 20



**A**

**B**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Standing with legs shoulder width apart and your back against a wall. Knees are aligned over your feet.

**Exercise:** Slowly lower your buttocks down the wall as you bend your knees over your feet. Return to the starting position.

Hold \_\_\_\_\_ seconds.

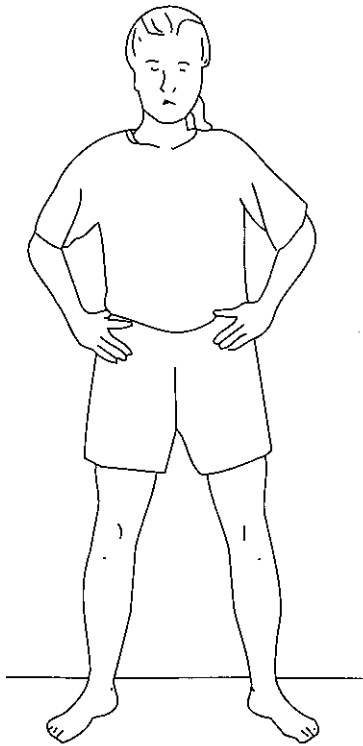
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

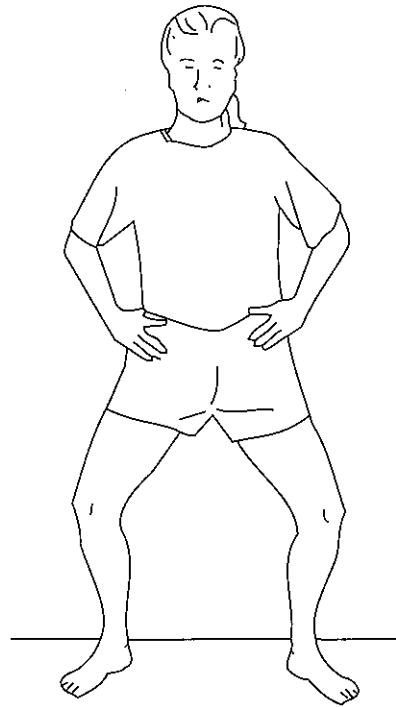
**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 21



**A**



**B**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Standing with legs shoulder width apart. Knees are aligned over your feet.

**Exercise:** Slowly lower your buttocks as you bend your knees over your feet. Return to the starting position.

Hold \_\_\_\_\_ seconds.

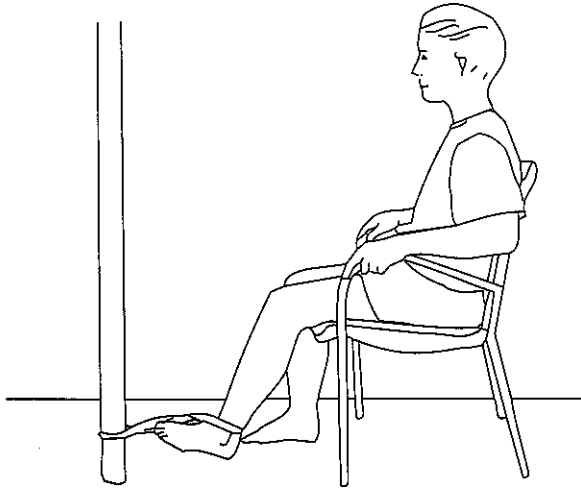
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

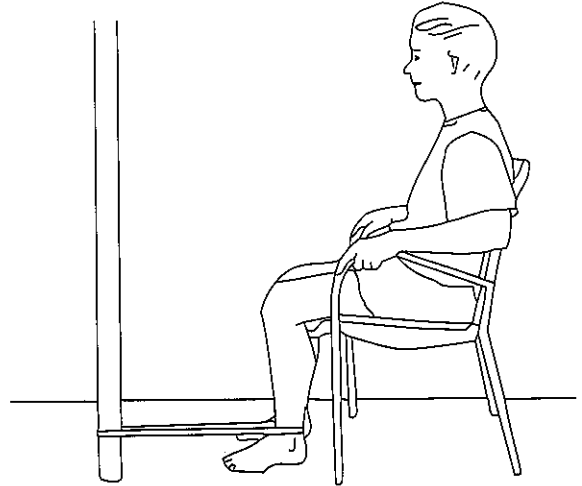
**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 22



**A**



**B**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Sitting in a chair with one end of an elastic tubing around ankle of involved leg. The other end of tubing is secured to a stationary object.

**Exercise:** Slowly pull your ankle backward toward the chair.

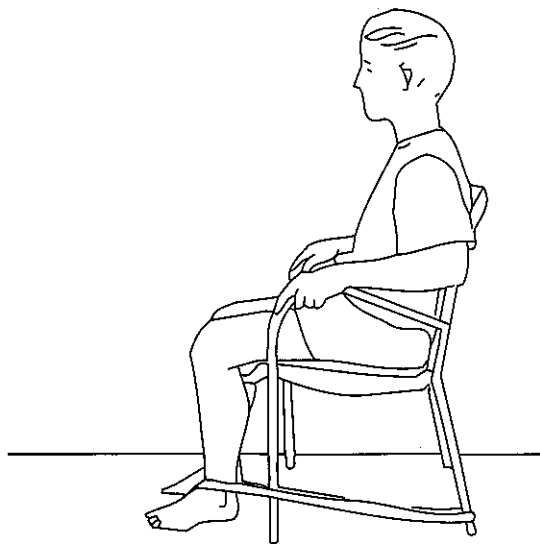
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

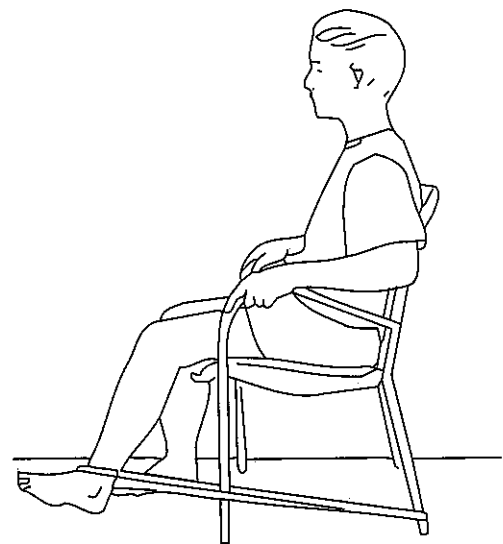
**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 23



**A**



**B**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Sitting in a chair with one end of an elastic tubing around ankle of involved leg. The other end of tubing is secured to the back leg of the chair.

**Exercise:** Slowly pull your ankle forward, away from the chair.

Repeat \_\_\_\_\_ times.

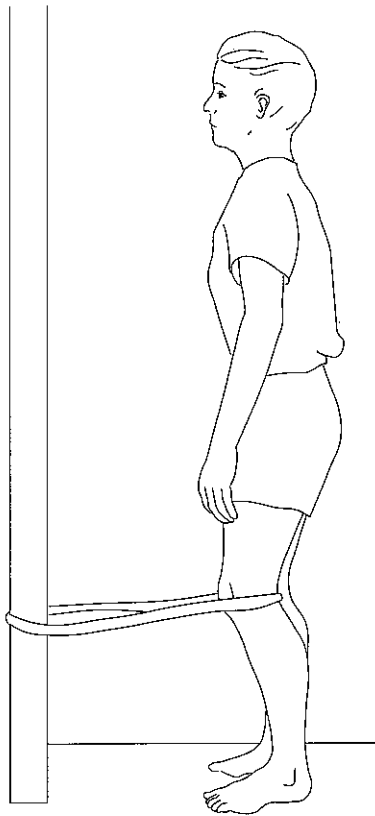
Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

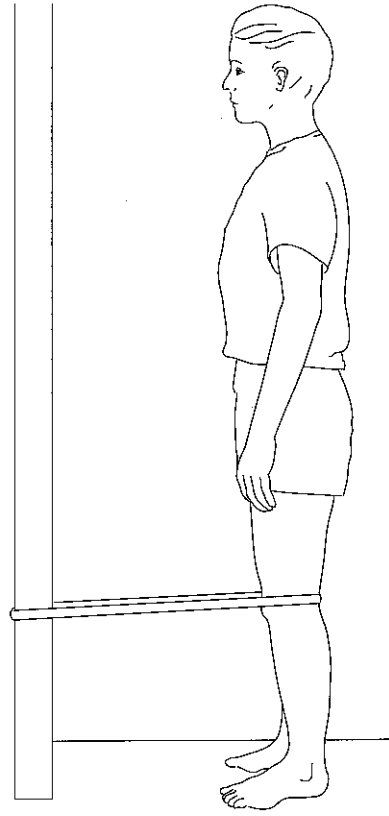
\_\_\_\_\_  
\_\_\_\_\_



# Knee—Exercise 24



**A**



**B**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Standing with one end of an elastic tubing around your slightly bent involved knee and the other secured to a stationary object.

**Exercise:** Slowly pull your knee backward until it becomes straight.

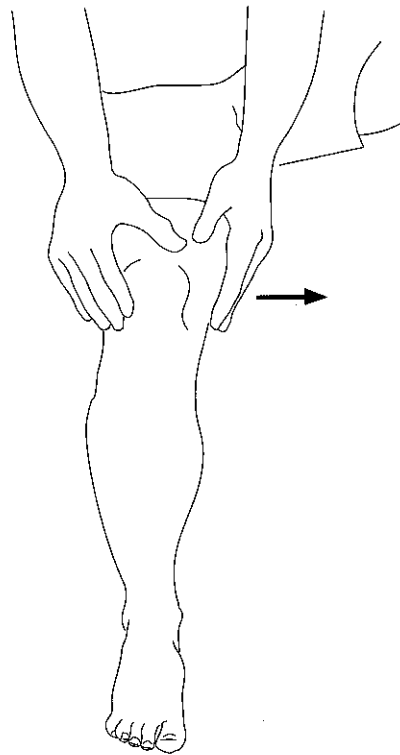
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 25



**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Standing. Straighten your involved knee. Place index finger of your involved side on the outside border of your kneecap.

**Exercise:** Gently slide your kneecap towards the inside of your leg. Do not push down on your kneecap.

Hold \_\_\_\_\_ seconds.

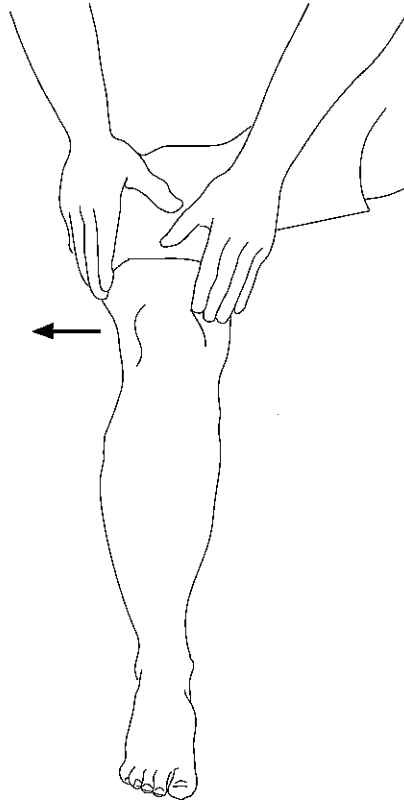
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 26



**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Standing. Straighten your involved knee. Place index finger of your involved side on the inner border of your kneecap.

**Exercise:** Gently slide your kneecap toward the outside of your leg. Do not push down on your kneecap.

Hold \_\_\_\_\_ seconds.

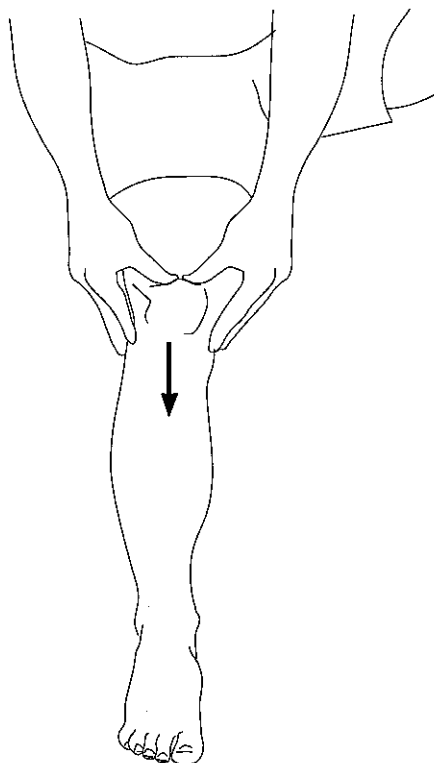
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 27



**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Standing. Straighten your involved knee. Place both thumbs on the upper border of your kneecap.

**Exercise:** Gently slide your kneecap toward your foot. Do not push down on your kneecap.

Hold \_\_\_\_\_ seconds.

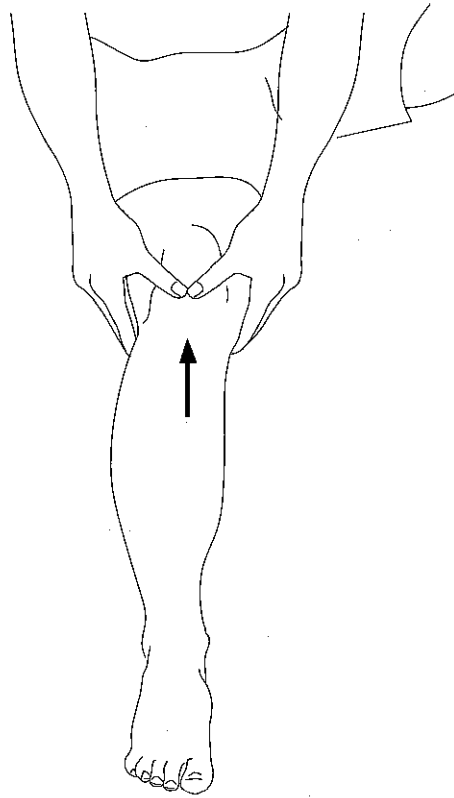
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Knee—Exercise 28



**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Starting position:** Standing. Straighten your involved knee. Place both thumbs on the lower border of your kneecap.

**Exercise:** Gently slide your kneecap toward your hip. Do not push down on your kneecap.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

**Special Precautions/Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_