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EXERCISES FOR KNEE REHABILITATION

Quad Sets:

- a. With knees as straight as possible, tighten thigh muscles.
- b. Hold 5 seconds then relax.
- c. Frequency: 4 to 6 sets of 20 repetitions daily, 7 days a week.

Straight Leg Raises:

- a. Lie flat on back with leg to be exercised straight and opposite leg bent.
- b. Keeping leg straight, raise entire leg up off surface approximately 12 inches with a controlled and slow motion.

Terminal Extensions:

- a. Lie flat on back with a 6-inch hard roll under knee to be exercised, opposite leg bent.
- b. Tighten thigh muscles and straighten knee as far as possible, hold 5 seconds, then lower slowly and relax.

Frequency for exercises 2 and 3: Begin with 1 set of 20 repetitions and work towards 4 sets of 15 to 20 repetitions.

KNEE RANGE OF MOTION

As long as you have limited motion, you should be doing these at least 3 times daily and as much as every hour. Do them slowly with a firm but gentle 10-30 second stretch into the area of tightness; you may get soreness but should not get a significant pain increase. If pain continues longer than 15-20 minutes after stretching or you get swelling/inflammation, you overdid it and should use a cold pack for 10-15 minutes to help calm the joint down.

1. Sitting position. Slide your heel towards your seat using a towel around foot to assist the motion. Slowly bend, and then straighten.
2. Sitting position with lower legs hanging over table. Assist involved knee using uninvolved leg to extend and bend leg slowly.
3. Lying on floor with hips approximately 90 degrees and feet on wall. Slide involved leg down wall using uninvolved leg to assist bending and straightening.