

Non-Weightbearing Knee Home Exercise Program

Total 11



STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Video # VVBVU5P69

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg towards the sky. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

Video # VV4R4FB65

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



SIDELYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, raise your top knee upwards while keeping your feet in contact the entire time. Lower back down and repeat.

Do not let your pelvis roll back during the lifting movement.

Video # VVZLS2CSB

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day





LONG ARC QUAD - LAQ - KNEE EXTENSION

Start in a seated position with your knee bent as shown, slowly straighten your knee as you raise your foot upwards as shown. Return to starting position and repeat.

Video # VVPMTJJBW

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day

PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise your leg up off the ground. Maintain a straight knee the entire time.

Video # VVYXQ3QHJ



Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day

STANDING HAMSTRING CURLS

While standing, bend your knee so that your heel moves towards your buttock. Lower back down until first contact with floor and repeat. Keep knees in-line with one another.

Video # VVMP2C2RC

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day





THERABAND PLANTARFLEXION

With band held tightly in your hand, slowly push foot away from you, pause, then slowly return to starting position.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



HAMSTRING STRETCH - TABLE, BED OR COUCH

Sit on a raised flat surface where you can prop your affected leg up on it such as a treatment table, couch or bed.

While keeping your knee straight to slightly bent, slowly lean forward and reach your hands towards your foot until a gentle stretch is felt along the back of your knee/thigh. Hold and then return to starting position and repeat.

Repeat 5 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day

Video # VV6D3V843



HIP FLEXOR STRETCH 4

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

At the same time, slowly bend your affected knee to add more stretch and grasp your opposite knee and pull it towards your chest.

Repeat 5 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day



CALF STRETCH WITH TOWEL - GASTROCNEMIUS

While in a seated position, place a towel around the ball of your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.

Video # VVGU5LGMB

Repeat	5 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Times a Day



CALF STRETCH WITH TOWEL - SOLEUS

While in a seated position, place a towel around the ball of your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a bent position during the stretch.

Video # VVTF7SX92

Repeat	5 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Times a Day