

Knee Regain Range of Motion

Home Exercise Program



Heel Slide

Sit with your back against a wall, place a towel around the foot as shown. Pull the foot toward the body as far as possible with the arms.

Each repetition attempt to increase the range slightly. □ Do not go past 90 degrees of knee flexion for 3 weeks.

Heel slides or active assisted knee flexion

Repeat 20 Times

Hold 5 Seconds

Complete 1 Set

Perform 1 Times a Day



Active Assisted Knee Flexion

While sitting, place uninvolved leg over involved leg. Use uninvolved leg to help you bend the opposite knee. You should feel a stretch in the front of your knee. Do not go past 90 degrees of knee flexion for 3 weeks.

Heel slides or active assisted knee flexion

Repeat 20 Times

Hold 5 Seconds

Complete 1 Set

Perform 1 Times a Day



QUAD SET WITH TOWEL UNDER HEEL

While lying or sitting with a small towel roll under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground. Video # VVEGWHYDU



Repeat 10 Times

Hold 5 Seconds

Complete 3 Sets

Perform 2 Times a Day

STRAIGHT LEG RAISE - SLR

Once you're able to do a good quad set, progress to this exercise. Only do this exercise if you can keep your knee straight while lifting.



At first, you might need someone to lift your heel up and then keeping your knee straight, gradually lower leg to table. Progress to:

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 10 Times
Complete 3 Sets

Hold 1 Second
Perform 2 Times a Day



KNEE EXTENSION GRAVITY STRETCH - PROPPED FOOT

While lying or sitting with a small towel roll under your ANKLE, fully relax your leg. Your knee should move lower as you allow gravity stretch your knee into a more straightened position. □



Do this as often as you can to help maintain your knee extension. Do not sit for long periods of time with towel or pillow under your knee as that will keep it in a bent position.

Repeat 1 Time
Complete 1 Set

Hold 5 Minutes
Perform 10 Times a Day

HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. 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 1 Time
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day

PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time. Video # VVYXQ3QHJ



Repeat 1 Time
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Video # VVNCZDYYG

Repeat 5 Times
Hold 15 Seconds
Complete 1 Set
Perform 1 Times a Day



STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Video # VVGUVSTYG

Repeat 5 Times
Hold 15 Seconds
Complete 1 Set
Perform 1 Times a Day