

## Knee Exercises



Put the majority of your weight on one leg and slowly partially bend the knee then extend it back to the neutral position.

### Resisted Functional Knee Extension



Stand with knee bent and the resistance band behind knee. Straighten knee by pulling the knee backwards. (Try to use only the thigh muscle - not the hip)

Hold \_\_\_\_\_ seconds. Perform \_\_\_\_\_ times. Repeat \_\_\_\_\_ times/day

## Side lying and Supine Straight Leg Lifts

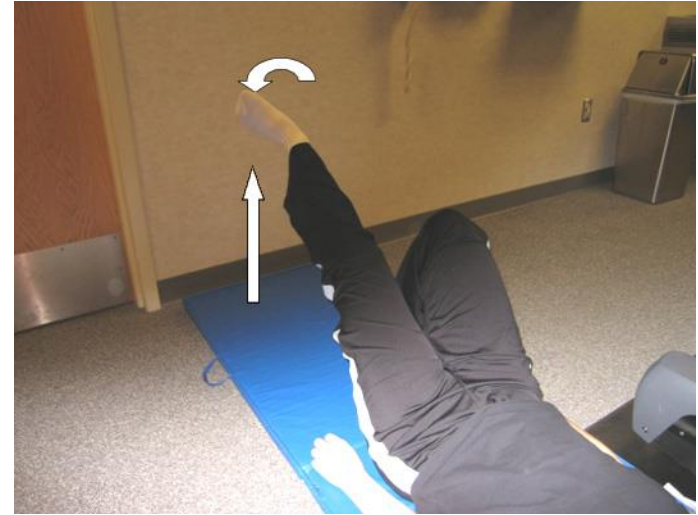


Lie on uninvolved side. Raise involved leg straight up in the air.  
Perform \_\_\_\_\_ repetitions Repeat \_\_\_\_\_ times/day



Lie on belly. A small pillow can be placed under pelvis for comfort. While keeping the knee straight, raise leg straight up in the air so that the thigh lifts off the table.  
Perform \_\_\_\_\_ repetitions Repeat \_\_\_\_\_ times/day

## Supine Straight Leg Raise and Supine Straight Leg Raise with External Rotation



Bend uninvolved knee. Keep involved knee straight. Tighten muscle on top of involved thigh and lift leg as high as the bent knee. Can also perform exercise with the foot turned outward.

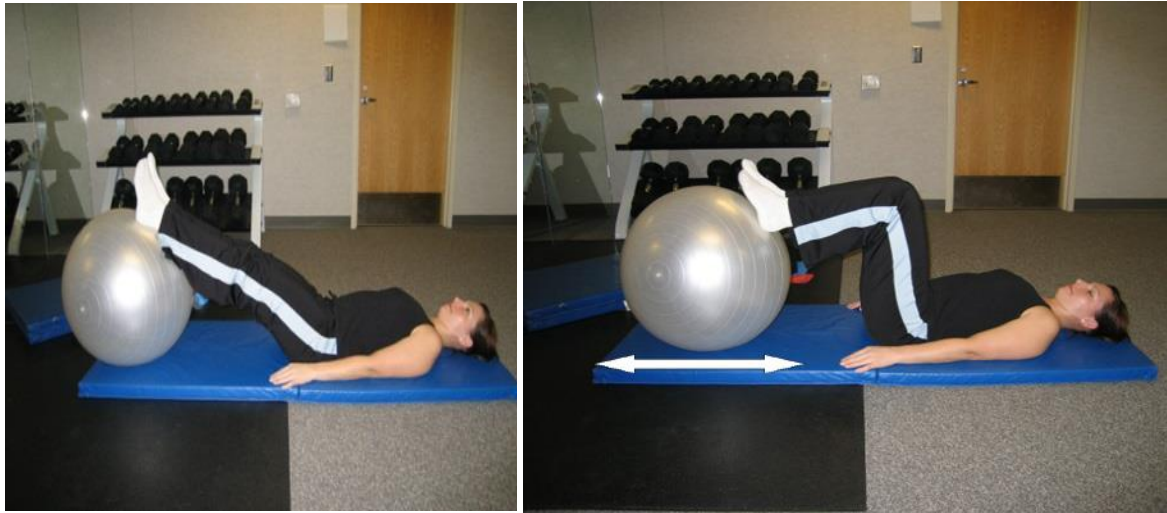
### Supine Heel Slides with Ball on Wall



Place feet on the ball, roll ball up and down the wall by bending and straightening your knees. Try to be smooth with motion and maintain control.

Perform \_\_\_\_ repetitions. Repeat \_\_\_\_ times per day.

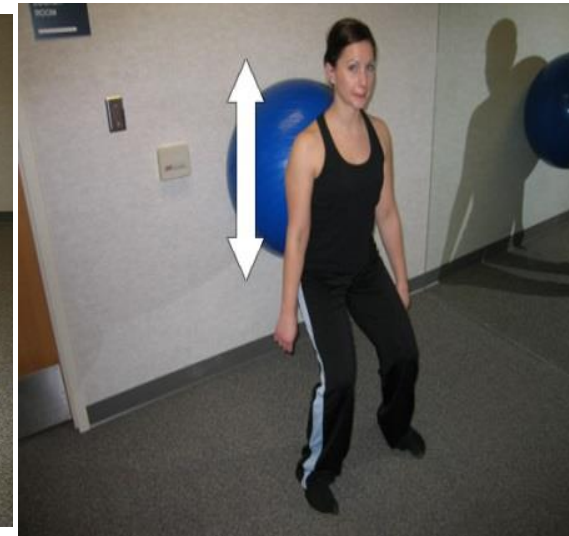
Supine Heel Slides with Ball



Slide heel up toward buttocks (knee flexion) and then downward (knee extension). The motion should be slow and controlled..

Repeat \_\_\_\_\_ repetitions. Repeat \_\_\_\_\_ times/day.

Ball Supported Wall Slides



Start by leaning against wall with ball between for support. Squat downward while maintaining proper upright spinal posture. Return to standing position. Perform \_\_\_\_\_ repetitions. Repeat \_\_\_\_\_ times/day.

### Supine Leg Press



Lie on back with the knee and hip bent to 90 degrees. Wrap resistance band around foot. Straighten leg, keeping your heel in line with your knee.

Step Up Lunge



Place one foot on step. Lean your body (hips) forward so that your knee is above or passes your foot. Your shoulders will be slightly in front of your hips but your back should be straight.

Perform \_\_\_\_\_ repetitions Repeat \_\_\_\_\_ times/day

Floor Level Lunges



Place one foot on step. Lean your body (hips) forward so that your knee passes your foot. You can allow yourself to bend at the waist although maintain a stable spine posture. Your shoulders will be slightly in front of your hips but your back should be straight.

Perform \_\_\_\_\_ repetitions Repeat \_\_\_\_\_ times/day



## Step Downs



Stand with both feet on step. Step down with one foot in a slow, controlled manner.

Perform \_\_\_\_\_ repetitions Repeat \_\_\_\_\_ times/day



Stand while holding a sturdy object. Keep your feet about shoulder width (or wider) apart and knees slightly bent. Squat down as if going to sit in a chair. Hold this position for \_\_\_\_\_ seconds. Then return to a standing position. Be careful to not straighten your knees completely when you return to the standing position.

Perform \_\_\_\_\_ repetitions Repeat \_\_\_\_\_ times/day