

1. Knee Extension Gravity Stretch

Orthopedics

Purpose: To maintain and improve your knee extension range of motion.

Perform this exercise if you are having trouble getting your knee straight

Place a foam roller or rolled-up towel (approximately 4 - 6 inches in diameter) under the ankle of your operated leg. (Figure 1a)

Let your operated leg straighten as much as possible and hold for 3-5 minutes.

Ice can also be applied during this exercise.



2. Isometric Quadriceps Strengthening (Quad Sets)

Purpose: To strengthen the quadriceps muscle.

Lie on your back with your non-operated knee bent.

Place a small towel roll underneath your operated knee. (Figure 2)

Slowly tighten your thigh muscle (quadriceps) and push the back of your operated knee down into the towel roll.

Hold this contraction for 5 seconds then slowly release.

Rest for 10 seconds between each contraction.

Perform 3 sets of 10 repetitions, 3 times daily.



Note: A towel roll is placed underneath the knee for this exercise only.

Note: Do not hold your breath with any of these exercises.

3. Straight Leg Raise

Purpose: Quadriceps muscle strengthening.

Lie on your back with your surgical knee straight.
Bend your non-surgical knee as shown.
Gently tighten your ab muscles

Gently tighten your quadriceps and slowly raise your operated leg to the level of the opposite knee. (Figure 3)
Your leg should remain straight throughout this exercise.



Figure 3

Perform 3 sets of 10 repetitions, 2-3 times daily.

4. Seated Active Assisted Range of Motion Exercises Knee Flexion and Knee Extension

Purpose: To help improve motion and strengthen your knee.

Sit at the edge of the bed or a firm surface and support your operated leg with your non-operated leg.
Gently let your operated leg to bend by supporting it with assistance of the other leg. (Figure 4a)

Slowly remove your non-operated leg from behind your operated leg and let your operated leg dangle.

Now, bend your operated leg until you feel a stretch - hold for 2 seconds. (Figure 4b)

Next, take your non-operated leg and place it in front of your operated leg. Bend your operated leg with the assistance of the non-operated leg. (Figure 4c)

Extend your operated leg all the way straight, using the non-operated leg for assistance. (Figure 4d)

Perform 1 set of 10 repetitions, 3-5 times daily.

Towel is Under
the Surgical Leg



Figure 4a



Figure 4b



Figure 4c



Figure 4d