General Knee Rehabilitation

Complete __ sets of __ repetitions __ times a day

* Sit with leg extended.
  * Tighten quad muscles on front of leg, trying to push back of knee downward.

* Place involved leg on chair.
  * Keeping back straight, bend uninvolved knee towards floor.

* Place top of involved foot down on floor.
  * Gently sit forward in chair, pushing down with foot.

* Stand on uninvolved leg, using chair for balance.
  * Grasp the ankle of involved knee and pull upward.

* Bend involved knee, placing uninvolved leg behind the involved.
  * Gently push involved knee forward with uninvolved leg.

* Half kneel as shown on right leg.
  * Lean forward slowly keeping hips and back straight.

* Sit face up, ankle supported on bolster.
  * Relax leg and allow gravity to straighten leg.

* Place weight on involved leg at far end.
  * Position knees at edge of mat, relax leg and allow gravity to straighten leg.

* Lie on back holding knee from behind, pulling toward chest as shown.
  * Gently straighten leg.

* Sit on firm surface with legs straight out in front.
  * Slowly bend at hips, reaching for toes.

* Place heel on doorframe, with involved side about 5 inches from wall.
  * Gently slide buttocks toward wall, keeping knee straight.

* Stand with heel propped on table, knee straight, as shown.
  * Gently and slowly lean forward at waist.

* Lie on uninvolved side.
  * Extend involved leg backwards and slowly lower until a gentle stretch is felt in outer thigh.

* Lie on back with knees bent.
  * Move involved side ankle over opposite knee.
  * Gently lift uninvolved side knee up to chest.

* Stand next to wall, about a foot away, involved leg toward wall.
  * Cross over the uninvolved leg in front, and lean into wall, as shown.

* Lift involved leg to chest and grasp knee with opposite hand.
  * Grasp lower calf with other hand, gently pulling across chest and rotating leg inward.

* Lie on back, involved knee bent, ankle across opposite leg.
  * Grasp knee and pull thigh inward while moving to the involved side knee inward.
*Stand facing wall, hands on wall.
*Step forward with foot of uninvolved leg, leaning hips inward toward wall, keeping rear leg straight with heel on floor.

*Stand facing wall, hands on wall.
*Step forward with foot of uninvolved leg, leaning hips inward toward wall, keeping contact with back foot.

*Stand with feet apart almost as far as possible.
*Shift weight toward uninvolved side and hold.

*Sit with knees bent, soles of feet together.
*Slowly let your knees drop to floor.
*Grasp ankles with hands and lean forward.

*Sit on stool, thighs apart, feet flat.
*Place both hands on thigh.
*Slowly lean forward, and slide hands toward ankle.

*Lie face down, legs straight.
*Bend involved knee upward.

*Lie on back with involved leg to 45 degrees bent, supported with a bolster as shown.
*Straighten leg at knee.

*Attach elastic to secure object at ankle level.
*With elastic around ankle of involved leg, pull leg in, moving inward.

*Attach elastic to secure object at ankle level.
*With elastic around ankle of involved leg, pull leg away, moving outward.

*Attach elastic to secure object at ankle level.
*With elastic around ankle of involved leg, pull forward keeping knee straight.

*Attach elastic to secure object at ankle level.
*With elastic around ankle of involved leg, pull leg backward.

*Attach elastic to secure object, at knee level.
*With elastic around thigh of involved leg, knee bent at 45 degrees, straighten leg, keeping foot on floor.

*Attach elastic to secure object, at ankle level.
*With elastic around ankle of involved leg, pull leg in, moving inward.

*Attach elastic to secure object, at ankle level.
*With elastic around ankle of involved leg, pull leg away, moving outward.

*Attach elastic to secure object, at ankle level.
*With elastic around ankle of involved leg, pull forward keeping knee straight.

*Attach elastic to secure object, at ankle level.
*With elastic around ankle of involved leg, pull leg backward.

*Attach elastic to secure object, at knee level.
*With elastic around thigh of involved leg, knee bent at 45 degrees, straighten leg, keeping foot on floor.

*Lie on back with knees straight.
*Keeping back against mat, raise involved leg as high as possible while keeping both knees straight.

*Lie face down, knee straight on involved leg.
*Lift involved leg upward.

*Lie on involved side, with uninvolved knee bent and leg in front of involved leg.
*Keeping knee straight, raise involved leg upward.

*Lie on uninvolved side.
*Keeping knee straight, raise involved leg upward.

*Lie on back with legs straight.
*Slide heel up to buttocks.

*Stand with both legs fully extended, and feet on floor.
*Bend involved leg upward, towards buttock, through full range.

*Place involved leg on edge of step.
*Step up, lifting uninvolved leg off floor.
*Lower uninvolved foot toward floor, but do not touch.

*Lean on wall, feet 12 inches from wall, shoulder width apart.
*Bend knees to 45 – 90 degrees and hold.

*Stand on step with both feet.
*Step down slowly, leading with uninvolved leg.

*Stand with involved leg up on step.
*Shift weight over knee, stepping up slowly.

*Attach elastic to secure object at ankle level.
*Sit in chair, with elastic around ankle of involved leg, pulling heel under.