

Knee Exercises

T.J. Panek, MD

*Continue these exercises until your follow up appointment unless instructed otherwise.

RANGE OF MOTION/HEEL SLIDES:

1. Lie on back, slide involved heel toward the buttocks, until you feel light stretch.
2. Do 10-20 reps, 2-3 times daily



QUAD SETS:

1. Tighten up top thigh muscle, pushing knee against bed.
2. Hold for 5 seconds, then release.

*Do often throughout the day.



STRAIGHT LEG RAISES:

1. Lie on back with involved knee straight and the other knee bent.
2. Keeping knee straight, raise leg up and hold for 5 seconds, then lower.
3. Do 10-20 reps, 2-3 times daily.



*After first dressing change re-wrap with ACE bandage daily until follow-up appointment.