

Exercises for the injured knee

PATIENT INFORMATION FROM YOUR DOCTOR

Rehabilitation exercises can help you regain strength, flexibility, and range of motion in your injured knee. Your goal in doing these exercises is to get back to your daily activities as soon as possible without reinjury.

Do only the exercises your doctor has checked off. For each of them, follow instructions carefully as to

- How long to hold any movement (as in "Hold for a count of 5")
- How many times to repeat the exercise at each exercise session
- How many times a day to do the exercise
- How long to rest between repetitions
- How much weight (if any), in the form of ankle weights, to use with the exercise.

Call your doctor if you do not understand exactly how to do any of the exercises. Do not continue an exercise if you feel any new or intense pain.

Quad sets

Straighten your knee with intensity (see Figure 1). Hold for a count of ____. Relax. This exercise should be done with the leg straight while you are standing, sitting, or lying down. Do ____ times, ____ times daily. Make it a habit. If you have a splint or cast, try to straighten the knee. The front of your thigh and the cast should pinch together. If your knee is bent, keep the foot planted and use the floor to push against.

Cocontractions

These exercises are similar to the quad sets, except that you tighten the entire thigh while straightening

the knee (see Figure 1). Hold for a count of ____. Relax. Do ____ times, ____ times daily.

Hamstring sets

Pull your leg back against the other foot, the floor, or your cast. Hold for a count of ____. Do ____ times, ____ times daily.

Heel lifts


Lie on your back with support under the knee (see Figure 2). Lift your heel while resting the knee on the support. Make the knee as straight as possible. Hold for a count of ____. Relax. Use *no* weight. Do ____ times, ____ times daily. 

FIGURE 1

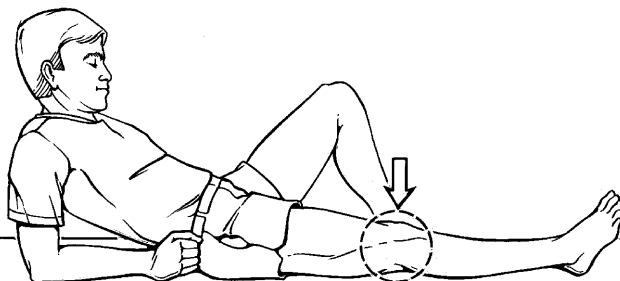
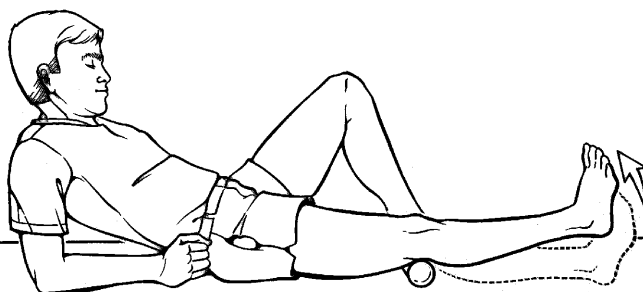


FIGURE 2



Exercises for the injured knee continued

Straight leg raises

Straighten the knee (see Figure 3). Lift and pause for a count of _____. Lower the leg and relax. Repeat. Do _____ sets of _____ lifts, _____ times daily with _____ minutes of rest between each set of _____ lifts. Start with _____ pounds of ankle weights and work up to _____ pounds. Increase the weight gradually.

Hip flexors

While sitting, lift the knee toward your chest (see Figure 4). Hold for a count of _____. Lower the leg and relax. Repeat. Do _____ times, _____ times daily. Start with _____ pounds of weight and work up gradually to _____ pounds. (The weight should be on the knee or ankle as you have been directed.

Hamstring stretches

While seated on a sturdy table with the foot of your uninjured leg resting on the floor, lean forward with your chin directed toward your toes (see Figure 5). Hold for a count of at least _____. The knee should be straight from your hips. Do not do this exercise with bouncing or violent motions. Do _____ minutes, _____ times daily.

FIGURE 3

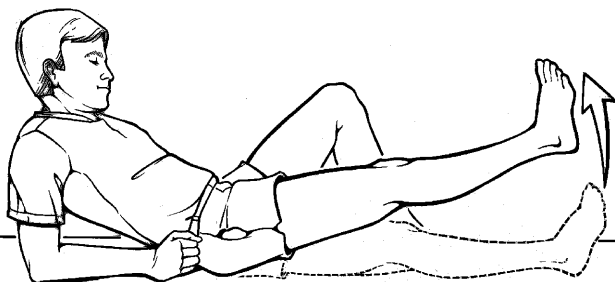


FIGURE 5

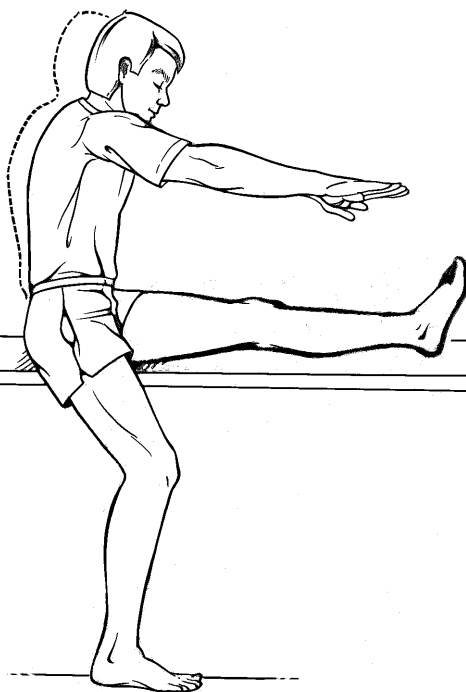


FIGURE 4

