Nine Exercises for Knees

Your personalized exercise program (this section is meant to be removed so you can post or keep it in a convenient location)

Perform the checked exercises: ______ times every day

Other instructions: __________________________________________________________________________________________
________________________________________________________________________________________

1. **Ankle Pumps**
   - To strengthen and maintain ankle mobility
   - **The exercise:** Flex your ankle up and down by bringing toes up toward your head and then pointing toes down as far as you can.
   - Repeat: ______ times each leg

2. **Quad Sets**
   - To strengthen your thigh muscles (quadriceps)
   - **The exercise:** Tighten muscles in front of thigh by pushing the back of your knee down into bed. Hold for a count of 5 and then relax.
   - Repeat: ______ times each leg

3. **Heel Slides**
   - To strengthen hamstring muscles and maintain knee mobility
   - **The exercise:** Lying with outstretched legs, slowly bend the knee by sliding your foot toward you. Slide back to the starting position.
   - Repeat: ______ times each leg

4. **Short Arc Quads**
   - To strengthen your thigh muscles (quadriceps)
   - **The exercise:** Place a rolled towel under you knee. Raise foot to straighten your knee, then slowly lower foot.
   - Repeat: ______ times each leg

5. **Straight Leg Raise**
   - To strengthen thigh muscles (hip flexors)
   - **The exercise:** Keep knee straight and lift entire leg off bed. Let leg down slowly. (Keep the opposite knee bent with foot resting on bed.)
   - Repeat: ______ times each leg

6. **Hamstring Stretch**
   - To stretch the hamstrings (tendons in back of the knee)
   - **The exercise:** Sit on couch or bed with one leg out straight. Lean forward towards your foot with a straight back until stretch is felt.
   - Repeat: ______ times each leg

7. **Heel Digs**
   - To strengthen your hamstring muscles
   - **The exercise:** Sit in a chair and dig your heel into the floor and back towards yourself.
   - Repeat: ______ times each leg

8. **Standing Knee Flexion**
   - To strengthen muscles in the back of thigh (hamstrings)
   - **The exercise:** Stand, holding on to a steady surface (like a dresser or countertop). Bend your knee as far as you can, then lower slowly.
   - Repeat: ______ times each leg

9. **Seated Knee Extension**
   - To strengthen muscles in the back of the thigh (hamstrings)
   - **The exercise:** Sit on chair or bed. Straighten knee as far as you can. Raise foot to straighten your knee, then slowly lower foot.
   - Repeat: ______ times each leg

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**APPENDIX V**

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**Highland Hospital STRONG HEALTH**