










# Exercises for Knees

## YOUR PERSONALIZED EXERCISE PROGRAM

(This section is able to be removed so you can post or keep it in a convenient location).

Perform the checked exercises: \_\_\_\_\_ times every day

Other instructions: \_\_\_\_\_

<p>1</p> 	<p><b>Ankle Pumps</b> <i>To strengthen and maintain ankle mobility</i></p> <p><b>The exercise:</b> Flex your ankle up and down by bringing toes up toward your head and then pointing toes down as far as you can.</p> <p><b>Repeat:</b> _____ times each leg</p>	<p>4</p> 	<p><b>Short Arc Quads</b> <i>To strengthen your thigh muscles (quadriceps)</i></p> <p><b>The exercise:</b> Place a rolled towel under you knee. Raise foot to straighten your knee, then slowly lower foot.</p> <p><b>Repeat:</b> _____ times each leg</p>	<p>7</p> 	<p><b>Seated Heel Slides</b> <i>To increase knee mobility</i></p> <p>The exercise: Sit in a chair and slide your foot on the floor back towards yourself and hold for account of five and then relax the knee and slide your foot forward.</p> <p>Repeat: _____ times each leg</p>
<p>2</p> 	<p><b>Quad Sets</b> <i>To strengthen your thigh muscles (quadriceps)</i></p> <p><b>The exercise:</b> 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.</p> <p><b>Repeat:</b> _____ times each leg</p>	<p>5</p> 	<p><b>Straight Leg Raise</b> <i>To strengthen thigh muscles (hip flexors)</i></p> <p><b>The exercise:</b> Keep knee straight and lift entire leg off bed. Let leg down slowly. (Keep the opposite knee bent with foot resting on bed.)</p> <p><b>Repeat:</b> _____ times each leg</p>	<p>8</p> 	<p><b>Seated Knee Extension</b> <i>To strengthen your thigh muscles (quadriceps)</i></p> <p><b>The exercise:</b> Sit on chair or bed. Straighten knee as far as you can, then slowly bend knee as far as it will go.</p> <p><b>Repeat:</b> _____ times each leg</p>
<p>3</p> 	<p><b>Heel Slides</b> <i>To strengthen hamstring muscles and maintain knee mobility</i></p> <p><b>The exercise:</b> Lying with outstretched legs, slowly bend the knee by sliding your foot toward you. Slide back to the starting position.</p> <p><b>Repeat:</b> _____ times each leg</p>	<p>6</p> 	<p><b>Hamstring Stretch</b> <i>To stretch the hamstrings (tendons in back of the knee)</i></p> <p><b>The exercise:</b> Sit on couch or bed with one leg out straight. Lean forward towards your foot with a straight back until stretch is felt.</p> <p><b>Repeat:</b> _____ times each leg</p>	<p>9</p> 	<p><b>Standing Knee Flexion</b> <i>To strengthen muscles in the back of thigh (hamstrings)</i></p> <p><b>The exercise:</b> Stand, holding on to a steady surface (like a dresser or countertop). Bend your knee as far as you can, then lower slowly.</p> <p><b>Repeat:</b> _____ times each leg</p>