

KNEE EXERCISES

THESE EXERCISE ARE MEANT TO STRENGTHEN YOUR KNEE MUSCLE AND PROVIDE STABILITY TO YOUR KNEE .PERFORM THESE EXERCISE AT LEAST 2 TIMES A DAY & 10 REP EACH EXERCISE.

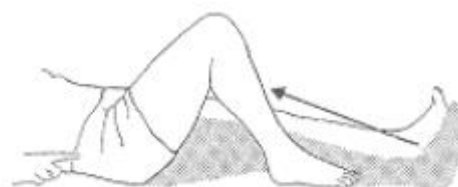
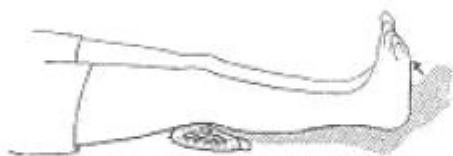
1. Heel Slide

(done lying on your back)

Slide your heel along the surface, bending the knee towards your chest

Hold for 3 seconds

Then slide the heel downward, straightening the knee.



2. Quad Sets

With a rolled towel under your knee, press downwards, tightening the knee and raising the heel approximately 1 inch off the surface.

3. Short Arc Quad Sets

With a bolster under your knee, raise the foot and straighten your knee.

Hold for 3 seconds. Lower your foot slowly





4. Straight Leg Raise

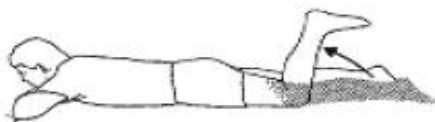
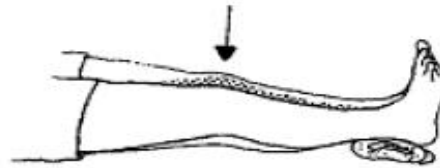
Raise your leg toward the ceiling, keeping the knee straight.

Your opposite knee should be bent, with your foot flat on the surface to protect your back from straining.

5. Posterior Knee Stretch

With a rolled up towel under your heel, press the back of the knee downwards towards the surface.

Hold this position for 3 seconds. Then release.



6. Knee Flexion Prone

(Lying on Stomach)

Raise the foot, bending the knee towards the buttocks.

Hold this stretch position for 3 seconds, then lower slowly to the surface.

7. Knee Extension

Begin with your feet flat on the floor. Slowly raise your foot straightening the knee. Hold this position for 3 seconds keeping the back of your thigh on the chair. Lower your foot to floor.

This exercise can be done with a small rolled towel under your thigh





8. Dorsi/ Plantar Flexion

Begin with both feet flat on floor.
Raise your toes up keeping your
heels on the floor.

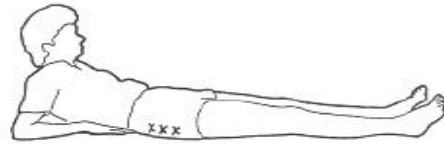
Reverse, raising both heels with
your toes on the floor.

Continue alternating, raising first
the toes and then the heels.

9. Gluteal Sets

Recline on your back,
supported by your elbows.
Keep both legs straight.

Squeeze your buttocks
together as tightly as possible.
Hold for five seconds and relax.



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