

KNEE PROGRAM

PEP PADS

PROGRESSIVE EXERCISE PRESCRIPTION PADS

INDICATIONS:

The following exercises are to be used to complement your therapy treatment.

Exercise is effective for:

1. improving strength and endurance.
2. decreasing swelling.
3. improving mobility and flexibility.

Do each exercise rhythmically.

PRECAUTIONS:

Discontinue any exercise if there is increase in pain, temperature or swelling in the exercised joint.

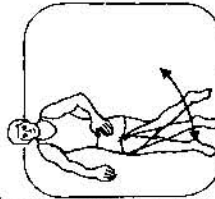
EXERCISE FREQUENCY:

REPETITIONS OF EACH:

NOTES:



- 2. QUADRICEPS SET:** Tighten the muscle on the front of thigh by pushing knee down so leg is as straight as possible. Hold for count of 5. Repeat.



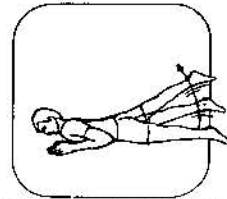
- 7. HIP ADDUCTION:** Lie on affected side with good leg extended behind. Lift affected leg up toward ceiling. Lower slowly. Relax. Repeat.



- 12. SHORT RANGE SQUAT:** Stand supported with hands on the back of a chair or table. Slowly bend knees 30-45° and straighten again. Repeat.



- 3. HAMSTRING SET:** Tighten the muscle on the back of your thighs by pulling your heel back and slightly bending your knee. Hold for count of 5. Repeat.



- 8. PRONE EXTENSION:** Lay on your stomach and lift affected leg as high as possible keeping leg straight and pelvis flat on the floor. Lower slowly. Repeat.



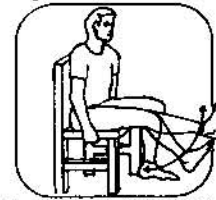
- 13. KNEE FLEXION/EXTENSION II:** Sit up straight in chair & plant feet so affected knee feels a slight stretch. Keep feet planted and scoot forward in chair. Hold the stretch. Scoot further. Hold. Repeat 10 times, then back off & massage knee.



- 4. GLUTEAL SET:** Pinch your buttocks together and hold for a count of five. Repeat.



- 9. KNEE FLEXION/EXTENSION I:** Laying on back, slide heel up towards buttock. Hold the stretch. Repeat.



- 14. FULL ARC QUADS:** Sit upright in a chair or on edge of bed with your feet back as far as is comfortable. Extend leg until knee is straight as possible. Lower slowly. Repeat.



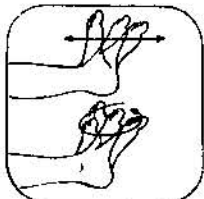
- 5. STRAIGHT LEG RAISE:** Bend opposite leg up and plant your foot. Tighten quadriceps muscle so affected leg is as straight as possible & lift to height of other knee. Hold. Lower slowly. Repeat.



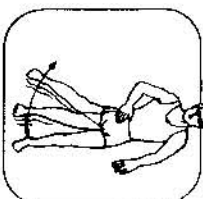
- 10. KNEE FLEXION WITH WEIGHTS:** Position yourself either lying face down or standing up holding onto a table. Secure cuff weight around ankle & bend knee bringing heel towards buttock. Lower slowly. Repeat.



- 15. HAMSTRING STRETCH:** Stand erect with good posture. Place heel of affected leg on a footstool. Lean forward extending chest toward leg keeping your back straight. Hold for count of 5. Repeat.



- 1. ANKLE CIRCLES:** Pump feet up and down as far as possible. Now move feet around in circles.



- 6. HIP ABDUCTION:** Lay on good side. Lift affected leg up 18° and lower slowly. Repeat.



- 11. SHORT ARC QUADS:** Put a pillow or a firm towel roll under knee. Lift foot up until leg is straight. Lower slowly. Repeat.



- 16. CALF STRETCH:** Stand 2-3 feet from wall. Lean forward onto hands as shown. Keep back foot flat. Push forward until you feel stretch. Hold. Repeat.