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Exercises for Knee Rehabilitation

General Instructions:

How fast and how well you regain motion is directly related to your motivation and perseverance. Strong determination and tolerance for temporary discomfort will hasten your return to normal activities.

Follow the exercise routine prescribed by your doctor. Gradually increase the frequency of the exercises as your knee becomes stronger. Initially you may require assistance, but you should soon be able to perform these exercises and stretching maneuvers on your own.

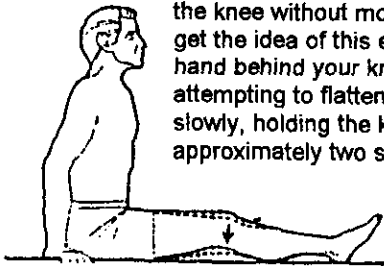
Swimming is a good form of exercise; many of the following exercises can be more effectively performed with the aid of the water's buoyancy.

You may wish to establish the exercise pattern with your good knee; then switch to the injured one.

Additional Instructions:

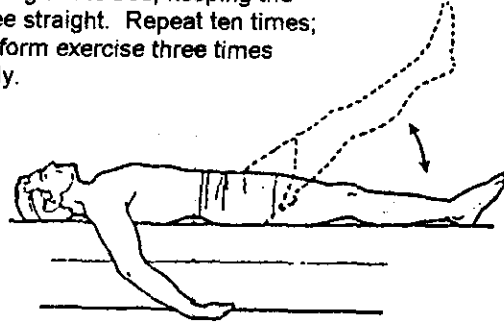
1. Quadriceps Setting.

Sit on a flat surface with legs out straight. Tighten the knee without moving the leg out of position. (To get the idea of this exercise, have someone place his hand behind your knee and push against the hand, attempting to flatten your knee.) Relax and repeat slowly, holding the knee in tightened position approximately two seconds at a time. Repeat this exercise at least 25 times every hour: it can also be performed at odd moments, such as in the auto while waiting for a traffic light, sitting in a chair, etc.



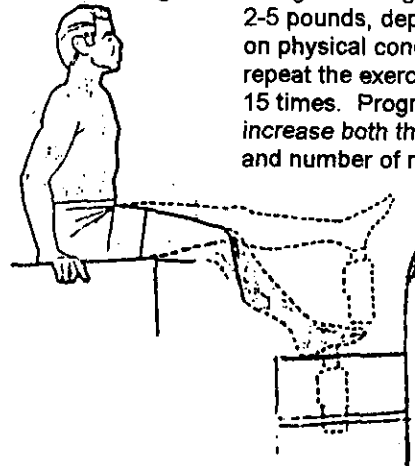
2. Straight Leg Raising.

Lie on your back with your legs out straight, knees unbent. Holding onto the bed frame, lift your heel slowly off the bed. Raise the leg as high as possible. Slowly lower the leg to the bed, keeping the knee straight. Repeat ten times; perform exercise three times daily.



3. Progressive Resistance Exercises.

Sit on a high table or bench with your legs dangling. Suspend weights from your ankle, using a small bucket, ladies' handbag or any pouch with a strap. Lift the weight upward, fully extending the knee and hold the load momentarily. Then slowly lower the leg until the knee is again bent degrees. Begin with 2-5 pounds, depending on physical condition, and repeat the exercise 10 or 15 times. Progressively increase both the weight and number of repetitions.



*Plastic water bags are also available for home use. Metal shoes with weight attachments may be purchased in a sporting goods store or students may borrow them from the athletic departments of high schools and colleges.

Total Joint Replacement, Spine Surgery, Arthroscopic Surgery, Hand Surgery, Foot Surgery, Sports Medicine

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