

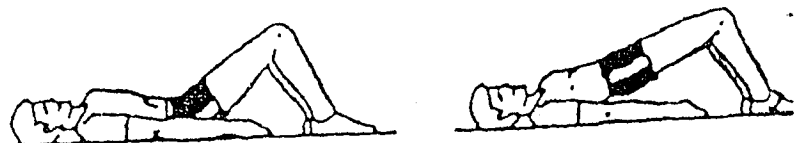
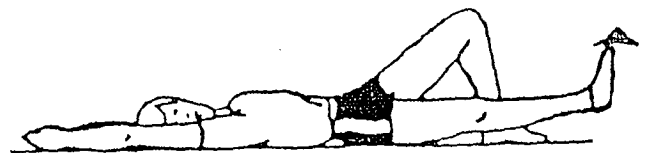
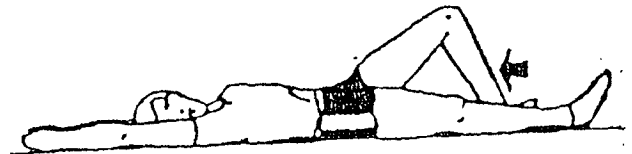
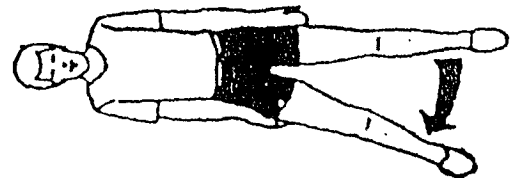
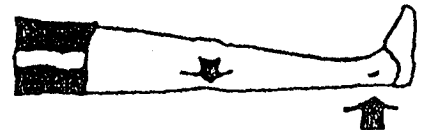
# GENERAL STRENGTHENING EXERCISES FOR LOWER EXTREMITIES

## INSTRUCTIONS:

Complete exercises \_\_\_\_\_ times a day,  
Begin with \_\_\_\_\_ repetitions of each exercise circled.  
Increase repetitions as tolerated to \_\_\_\_\_.

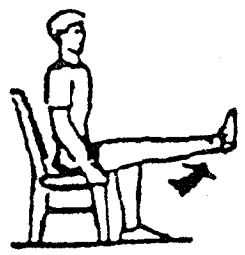
### Lying down:

1. Keep legs straight, pump ankles up and down.
2. Keeping legs straight, push down into the bed with the back of your knees. Hold for the count of five, then relax.
3. Squeeze buttocks together. Hold for the count of five, then relax.
4. Slide your leg out to the side and back. Repeat with opposite leg.
5. Lie on back with legs out straight. Bend one knee up, sliding heel toward buttock, then bring back down. Repeat with other leg.
6. Lie on back with one leg bent so the foot is flat on the bed. Keep other leg straight, and lift it 6 inches off the bed; return. Repeat with other leg.
7. Prop your knees on a rolled towel or pillow. Lift feet up and down by straightening, and bending your knees.
8. Lie on your back with knees bent up and feet flat on the floor. Raise your hips up and down.

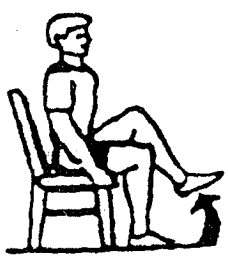


**Sitting:**

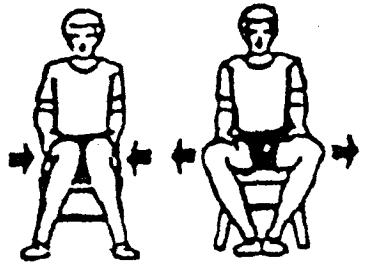
1. Straighten one leg out in front and return foot to the floor. Repeat with other leg.



2. Alternating legs, bring one knee to chest, then return to floor.

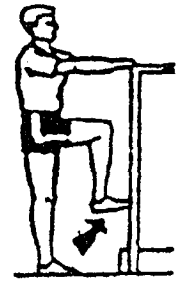


3. Keeping feet stationary and about shoulders distance apart, bring your knees together, then apart.

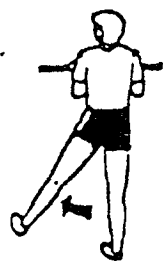


**Standing:**

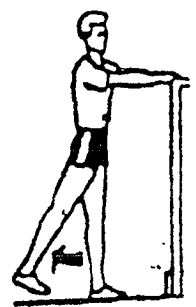
1. March in place, while lifting your knees high.



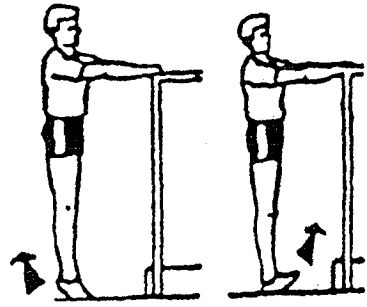
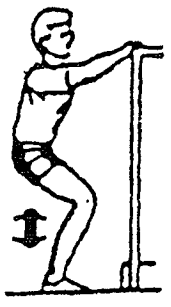
2. Lift leg out to the side. Return. Repeat with other leg.



3. Bring your leg straight out behind you. Repeat with other leg.

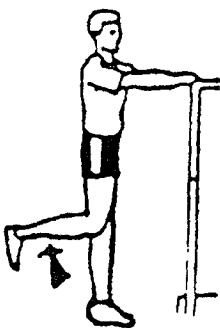


4. Shallow knee bends.



Raise up on your toes, raise up on your heels.

Bend your knee back. Repeat with other leg.



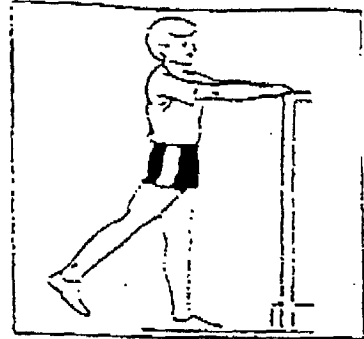
# Total Knee Exercise Program

## STANDING EXERCISES

HOLD ONTO A COUNTERTOP OR HEAVY CHAIR FOR SUPPORT

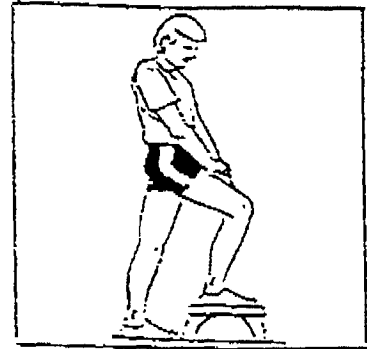
### 1. HIP ABDUCTION \_\_\_\_\_ R \_\_\_\_\_ L

Lift your leg out to the side keeping your knee straight, toes pointed forward. Alternate.



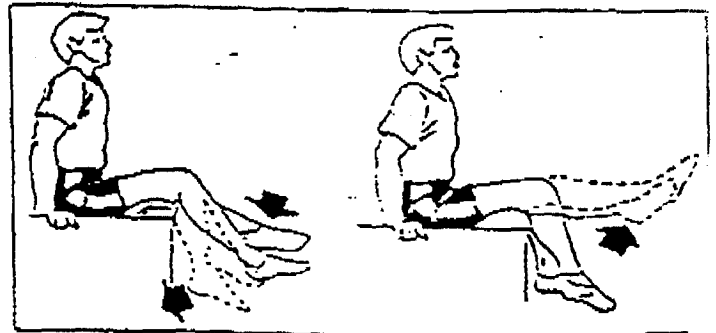
### 2. MARCH IN PLACE \_\_\_\_\_ R \_\_\_\_\_ L

Lift your knee up towards your chest. raising your foot 12" floor. Alternate.



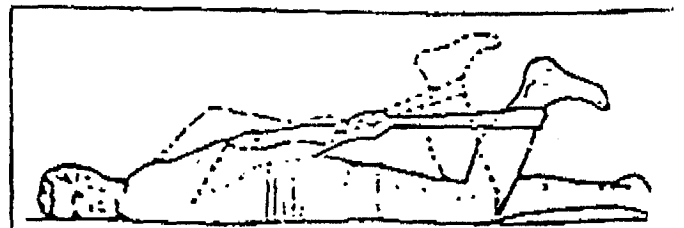
### 3. SHALLOW KNEE BENDS

Bend both knees slightly keeping your heels on the floor, then straighten your knees.



### 4. KNEE FLEXION

Bend both knees slightly keeping your heels on the floor, then straighten your knees.



## TOTAL KNEE EXERCISE PROGRAM STANDING/SITTING EXERCISE

...CONTINUED...

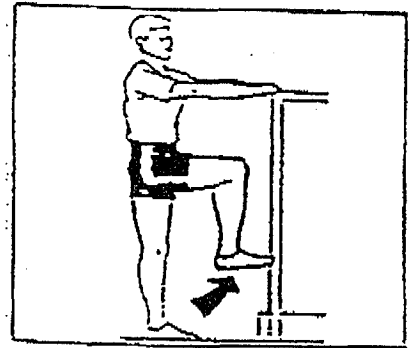
### 5. HIP EXTENSION \_\_\_\_\_R \_\_\_\_\_L

Keeping your knees straight, lift your leg straight behind you without bending forward. Alternate.



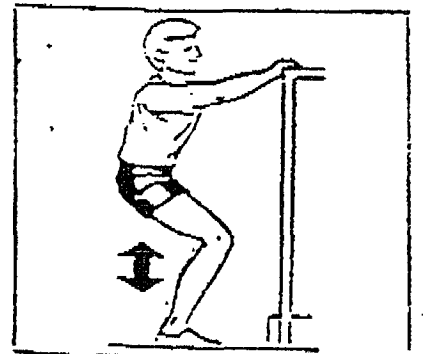
### 6. KNEE FLEXION \_\_\_\_\_R \_\_\_\_\_L

Place the affected leg up on a stool so you are standing on the sound leg. Gently lean into the affected knee causing increased bending. Hold for 5 seconds. Repeat. (Do **NOT** bounce!)



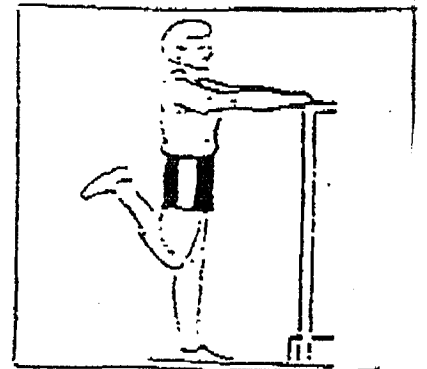
### 7. KNEE FLEXION EXERCISES

Sit on the edge of bed with legs dangling. Straighten injured leg, using good foot to support **if necessary**. Let it drop by gravity, then force it to bend using the other foot to exert pressure on top of the ankle. Perform within limits of pain tolerance. Repeat.



- B. Lie on stomach and bend your knee lifting foot from table. Wrap a sheet or towel around the ankle and hold both hands to assist in bending your knee. Gently stretch.

\_\_\_\_\_R \_\_\_\_\_L



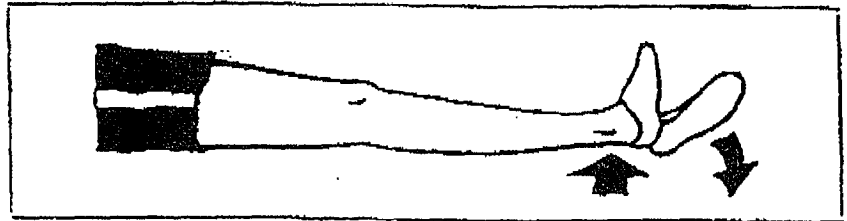
## TOTAL KNEE EXERCISE PROGRAM

**Purpose:** To continue the healing process toward a goal of a healthy, active lifestyle, you must continue all the exercises twice a day. The longer you continue them, the stronger and healthier your knees will be.

### LYING ON YOUR BACK

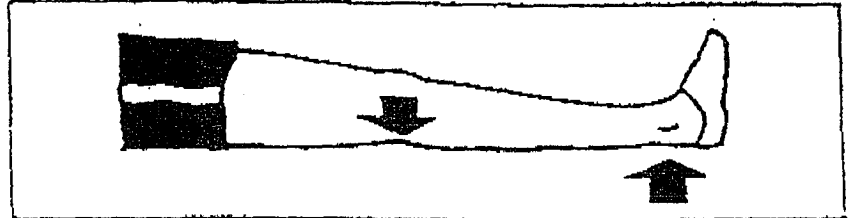
#### 1. ANKLE PUMPS

Keeping your legs straight, pump ankles up and down.



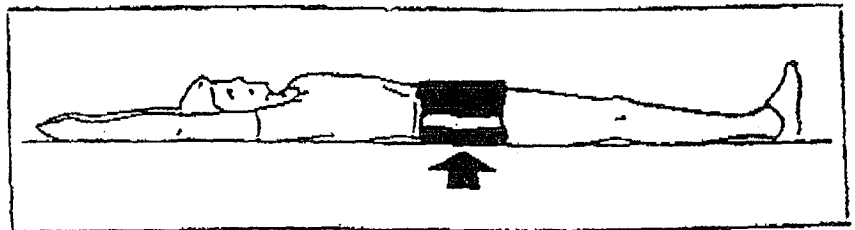
#### 2. QUAD SETS

Tighten your knees, pushing them down into the bed, hold for 5 seconds. Relax.



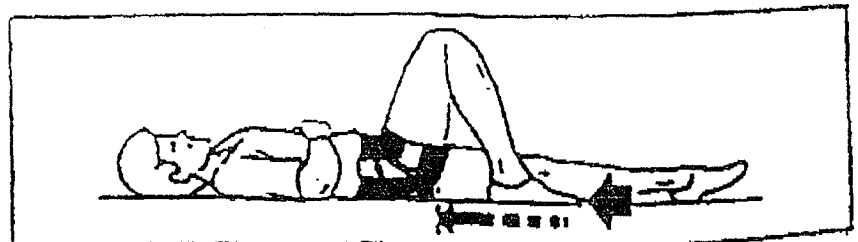
#### 3. GLUTEAL SETS

Squeeze buttocks together and hold for 5 seconds. Relax.



#### 4. HIP FLEXION

Bend one knee up, sliding heel toward your buttocks, then bring back down.



\_\_\_\_\_ R \_\_\_\_\_ L

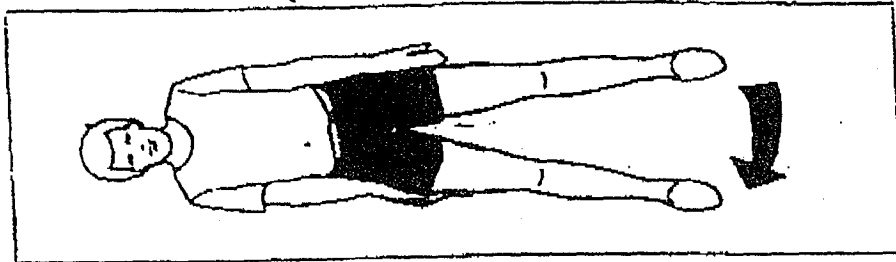
# TOTAL KNEE EXERCISE PROGRAM

## LYING ON YOUR BACK

...CONTINUED...

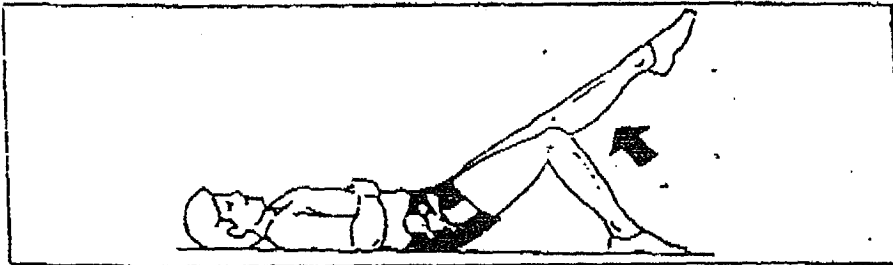
### 1. HIP ABDUCTION      R      L

Keeping your knees straight, slide your leg out to the side, keeping toes pointed upward, then return.



### 2. STRAIGHT LEG RAISE      R      L

With one knee bent and foot flat on bed, raise opposite leg to the height of the bent knee. Slowly lower the leg, keeping the knee straight, throughout.



### 3. QUAD ROLL      R      L

Place circular or rolled bed pillow under thighs so both knees are bent, heels resting on bed. Alternately, straighten each knee as in kicking toward ceiling.

