

## KNEE

### Strengthening Therapeutic Exercises

#### GENERAL INSTRUCTIONS:

Do only those exercises taught to you by your therapist.  
Exercise twice daily, 10 of each.

**Sit To Stand:** Sit on edge of chair as shown, with foot of stiff side closest to chair. Stand upright, letting the other leg help as little as possible. Hold 5 seconds. Repeat.



1

**Step Up:** Place books on floor. Hold onto solid object for support. Step up onto books with foot. Slowly lower. Repeat.



2

**Squat:** Squat bending hips and knees to ninety degrees keeping eyes forward, chest upright and feet flat on floor. Repeat.



3

**Extension With Ankle Weight:** Lie on back with towel rolled under knee. Place weight on ankle. Raise heel off floor until knee is straight. Hold 5 secs. Repeat.



4

**Leg Raise With Thera-Band:** Stand with a Thera-Band secured around your thigh and the base of a stable object. Lift your leg up against the resistance of the band. Hold 5 seconds and slowly lower. Repeat.



5

**Seated Extension with Thera-Band:** Sit at edge of table or bed. Place band around ankle and base of a secure object. Straighten knee fully. Hold 5 seconds and slowly lower. Repeat.



6

**Standing Flexion with Thera-Band:** Stand with a band secured around the ankle and the base of a stable object. Slowly bend knee against the resistance of the band. Hold 5 seconds. Repeat.



7

#### EXERCISE GUIDELINES:

Exhale on exertion. Hold position for 5 seconds and then relax. Pulling sensations may occur while exercising. Stop exercising if you experience pain, nausea or dizziness.