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## Exercise for Knee Rehabilitation

### **General Instructions:**

How fast and well you regain knee 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.

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

### **Quadriceps Setting**

Sit on a flat surface with leg out straight. Tighten the knee without moving the leg out of position. (To get the idea of this exercise, have someone place his hand, attempting to flatten your knee.) Relax and repeat slowly, holding the knee in the tightened position. Do 100 of these a day divided by 3 or 4 sessions of 25-33. It can also be performed at odd moments, such as in the auto while waiting for a traffic light, sitting in a chair, etc.

### **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 18" above the bed. Slowly lower the leg to the bed, keeping the knee straight. You should do 100 of these a day, divided into sessions (4-25 each)