

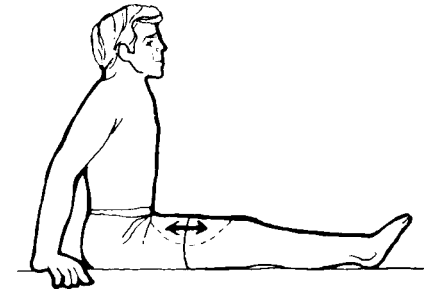
Knee Exercises



**Health Education Center
Vallejo**

1. Isometric Quadriceps Exercises (Quad Sets)

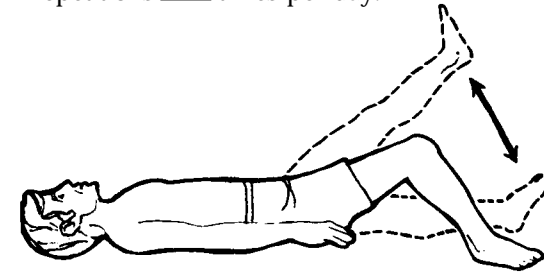
With leg straight, tighten the thigh muscles on top of the leg as tightly as possible and hold. The knee will flatten and knee cap will move slightly upward. Hold 5 seconds, trying every second to pull even tighter. Then relax.



Repeat for ____ repetitions ____ times per day.

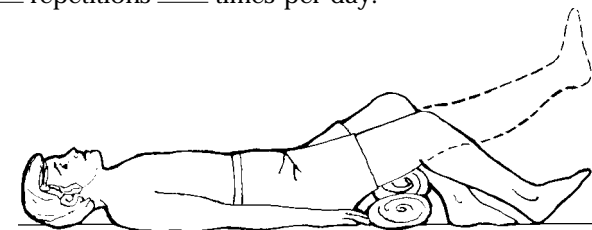
2. Straight Leg Raise

While lying on back, do quad set (above) then lift leg straight up slowly to about 45°. Holding the tension, lower leg slowly. Then relax. (May bend the other leg.) Repeat for ____ repetitions ____ times per day.



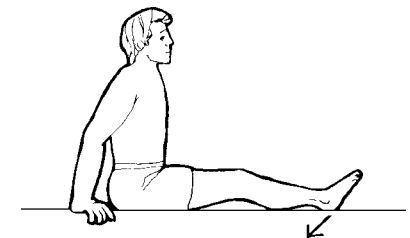
3. Static Hold Exercise

Place 2 rolled bath towels under the thigh, straighten the knee. Hold for 5 seconds, then slowly return to the starting position. Repeat for ____ repetitions ____ times per day.



4. Isometric Hamstring Exercise

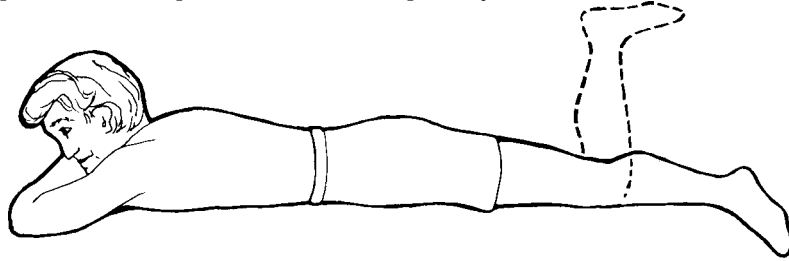
Tighten the muscles behind the knee, as if you're going to bend the knee. Dig down with your heel, but do not actually bend the knee. Hold for 5 seconds. Then relax.



Repeat for ____ repetitions ____ times per day.

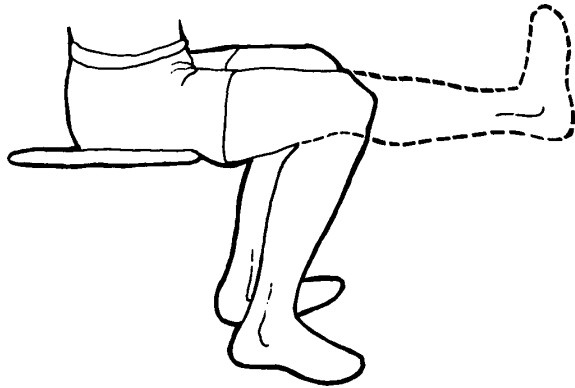
5. Knee Flexion

Lie face down. Bend knee as far as possible. Then lower leg and relax. Repeat for ____ repetitions ____ times per day.



6. Knee Extension

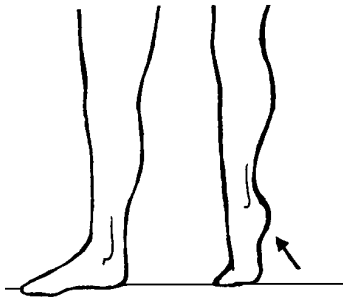
Sitting, straighten knee. Hold for 5 seconds. Lower leg and relax. Repeat for ____ repetitions ____ times per day.



7. Toe Raising

While standing straight with feet slightly apart, raise up on toes. Hold for 5 seconds. Return to starting position.

Repeat for ____ repetitions ____ times per day.



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Exercises 2, 3, 5, and 6 can be done with weights attached at the ankle in order to increase resistance gradually for muscle strengthening. Start with _____ pounds. Add weight as instructed. Goal _____.