

Post-Op Knee/ Isometrics

PRONE HANGS



1. Lie on a table or bed with feet hanging over end as shown
2. Place 5-10 lb. weight on ankle
3. Slowly allow gravity and the weight to extend the ___ knee
4. Hold 5-10 minutes
5. Repeat 1-2 X day

SLIDES



1. Lie on bed or table as shown
2. Slide your buttocks toward your bended knee until you feel a stretch
3. Hold 30 seconds
4. 5 repetitions, 1-2 X day

ACTIVE KNEE FLEXION



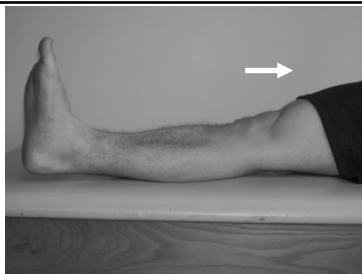
1. Sit on the edge of a table or chair
2. Cross ankles as shown, with the stiff knee on the top
3. Press downward with the upper leg so that you feel a stretch
4. Hold 30 seconds
5. 5 repetitions, 1-2 X day

HAMSTRING STRETCH



1. Sit with your ___ leg straight, and the ___ leg comfortably bent
2. Reach forward with your ___ hand to grip the sole of your foot. Press your ___ hand on to your knee to maintain knee extension
3. Maintain spinal alignment, gently curving throughout the whole spine
4. 5 repetitions, 15-20 seconds, 2 X day

QUAD SETS



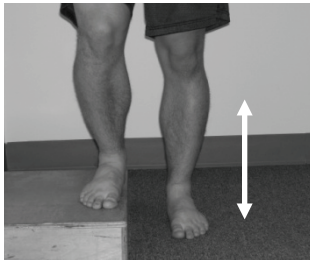
1. Sit or lie on your back with ___ leg straight
2. Press the back of your ___ knee downward
3. This will tighten the muscle on top of your thigh and move your kneecap as shown
4. Repeat 1-2 minutes, hold 2 seconds, 2-3 X day

QUAD STRETCH



1. Stand side-on to a wall with your hands supporting your body weight
2. Flex your ___ leg, and grip your ankle with your knee flexed
3. Pull your hip back into extension, while maintaining correct spinal alignment
4. Repeat 5 times, 15-20 seconds, 2 X day

LATERAL STEP-UP



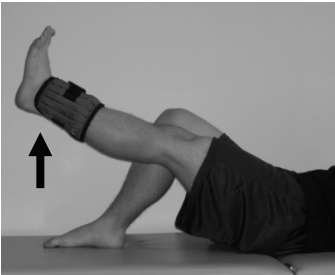
1. Place enough books on floor to total ___ inches
2. Hold onto solid object for support
3. Step up onto books with ___ foot
4. Slowly lower
5. 10 repetitions, up to 3 sets, 1 X day

TERMINAL KNEE EXTENSION



1. Arrange tubing around ___ leg as shown
2. Begin with knee bent partway (about 1/3), then slowly straighten knee
3. Slowly bend knee again
4. 10 repetitions, up to 3 sets, 1 X day

STRAIGHT LEG RAISE



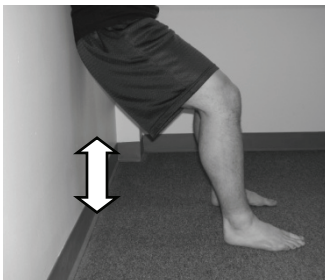
1. Lie on back with ___ knee straight and the other knee bent as shown
2. Place a 1-10 lb. weight around your ankle
3. With leg completely straight, raise it about ___ inches. Hold 2-3 seconds
4. 10 repetitions, up to 3 sets, 1 X day

WEIGHTED HIP EXTENSION



1. Lie on belly with pillow positioned as shown
2. Place 1-10 lb. cuff weight around ___ ankle
3. Raise leg off floor as shown. Hold 2-3 seconds
4. 10 repetitions, up to 3 sets, 1 X day

WALL SQUAT



1. Stand with back against wall, feet shoulder width apart and 18 inches from wall.
2. Slowly slide down wall until you are in a "chair position."
3. Hold 2-3 seconds
4. 10 repetitions, up to 3 sets, 1 X day

CRYOTHERAPY

___ MINS ___ X per day

Ice Cup Ice Bag

Staff _____

Phone _____