

Home Exercise Program

[Knee OsteoArthritis]



ANDREWS
Sports Medicine & Orthopaedic Center

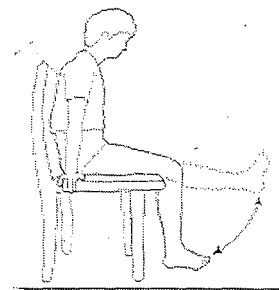
Quad Sets

Keeping affected leg extended on firm surface, tighten quadriceps muscle. Keep toe pointed towards the ceiling. Relax 2-3 seconds between repetitions. Hold contraction for 5 seconds. Repeat 30 times. Do 2 sessions per day.



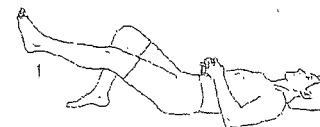
Knee Extension

In the seated position, contract quadriceps muscle and extend knee. Perform exercise in a slow and controlled manner. Perform with 0-5 lbs. Perform 3 sets of 10 repetitions. Do 2 sessions per day.



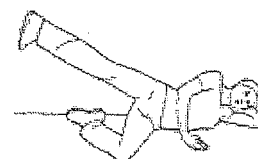
Straight Leg Raises – Resisted (Flexion)

Lie on your back with the uninvolved knee bent and foot on the surface. Tighten the quadriceps muscles as in a quad set and keep the injured leg straight. Lift your heel off the surface 8-10 inches. Hold for 2 seconds and then return to the starting position. Perform 3 sets 10 repetitions. Begin with 0 lbs. Do 1-2 sessions per day.



Straight Leg Raises (Abduction)

Lying on the uninvolved side, perform a quad set and lift the injured leg toward the ceiling without rotating the toes towards the ceiling. Hold for 2 seconds and then return to the starting position. Perform 3 sets 10 repetitions. Begin with 0 lbs. Do 1-2 sessions per day.



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Straight Leg Raises (Adduction)

Lying on the side of the injured leg. Perform a quad set and lift the injured leg toward the ceiling without rotating the toes toward the ceiling. Hold for 2 seconds and then return to the starting position. Perform 3 sets 10 repetitions. Begin with 0 lbs. Do 1-2 sessions per day.



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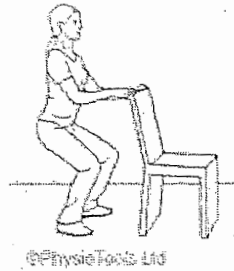
Mini Squats (progress to deeper angle)

Stand with your feet shoulder apart.

Bend knees to 60 degrees.

Hold 3 seconds and slowly straighten.

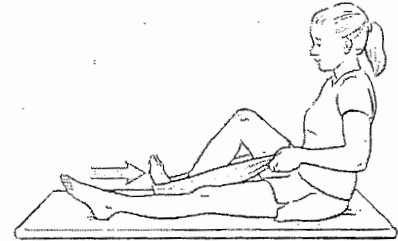
Perform 3 sets of 10 repetitions. Do 1-2 sessions per day.



Heel Slides

In a long seated position with a towel or strap under the sole of your foot, bend your knee towards your chest, assisting with your arms. Hold

5 seconds. Perform 3 sets of 10 repetitions. Do 2 sessions per day.

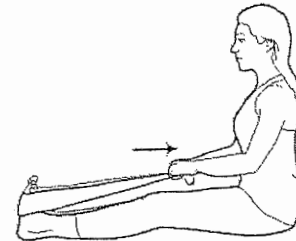


Gastroc Stretch with Strap

In the seated position, put a band, belt or towel under the sole of your foot.

Holding on with both hands, pull your toes towards your chest, keeping your knee straight. Hold 30 seconds and slowly return to starting position.

Perform 1 sets of 4 repetitions. Do 2 sessions per day.



Hamstring Stretch

Sitting on the edge of the table, drop opposite leg off the side. Lean from the hips until you feel a stretch in your hamstring.

Hold 30 seconds and slowly return to the starting position.

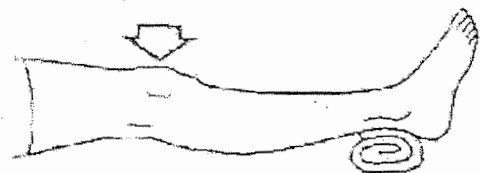
Perform 1 sets of 4 repetitions. Do 2 sessions per day.



Passive Knee Extension (if lacking knee extension)

Laying on back or in seated position, prop heel under pillow or rolled up towel. Keep toe pointed towards to ceiling.

Hold position for 10 minutes. Perform 2 times per day.



Swelling Control: Ice, Compression, Elevation

Ice ~20 minutes at a time with 20-30 minutes in between sessions. Perform 4-5x per day for swelling and pain management.