

FONDREN ORTHOPEDIC GROUP L.L.P.

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Simple Knee Exercises

These exercises are generally geared to help you restore range of motion and regain function after an acute injury or in the post-operative period. The exercises listed may cause some discomfort, but, done properly, will not damage your knee.

In general, the exercises should be done 3-5 times a day for 5-10 minutes. There is no set frequency as it is based upon your pain level, desire to improve, and available time. We recommend that your pain level should not exceed a 2-3/10 when doing any of these exercises.

1. Calf pumps

Start date:

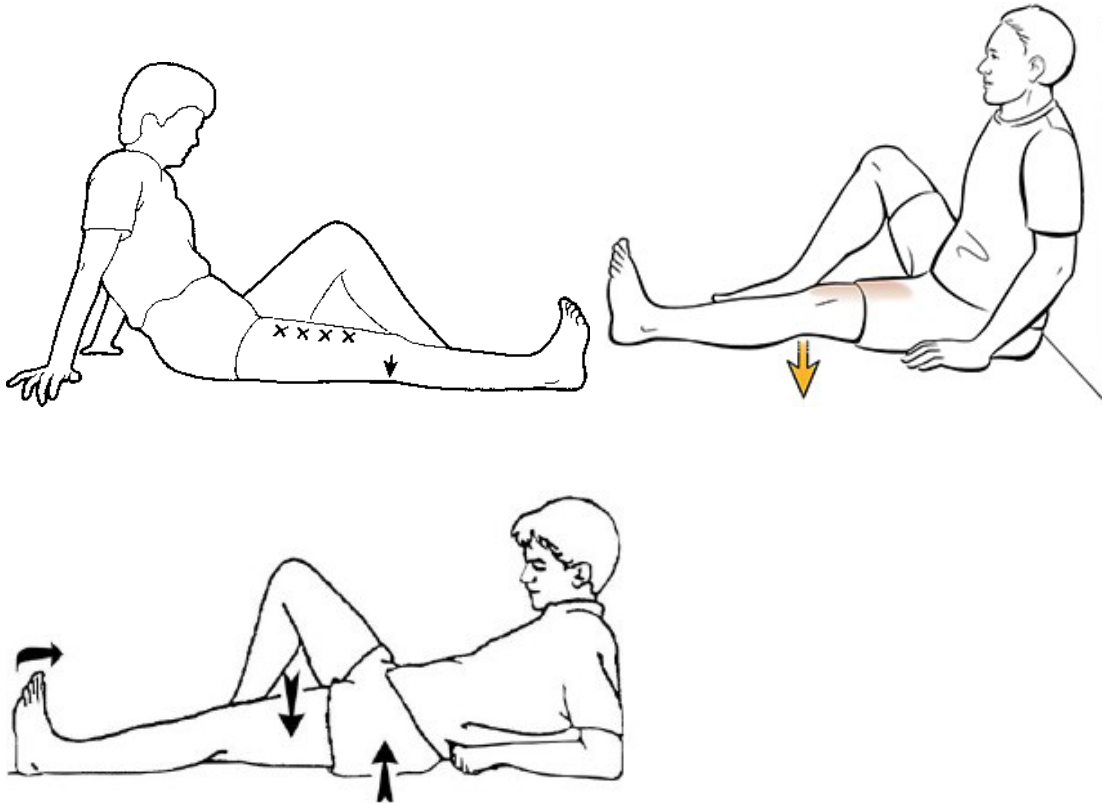
1. Keeping the leg straight, pump your ankle back and forth, like you are pressing down on a gas pedal.
2. A good starting point is to perform this exercise 10 times and repeat for 3 sets (3 sets of 10 repetitions).



2. **Quad Set** - We have included three images demonstrating this exercise to provide clarity.

Start date:

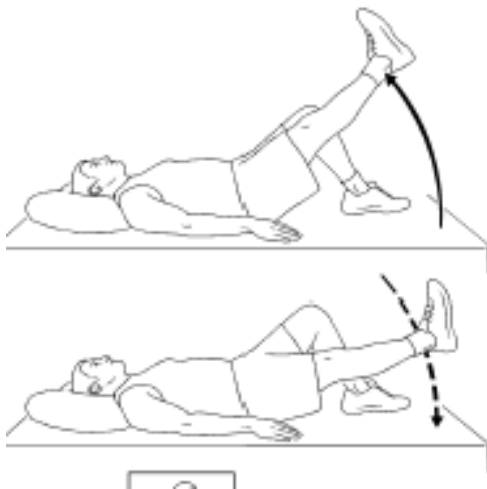
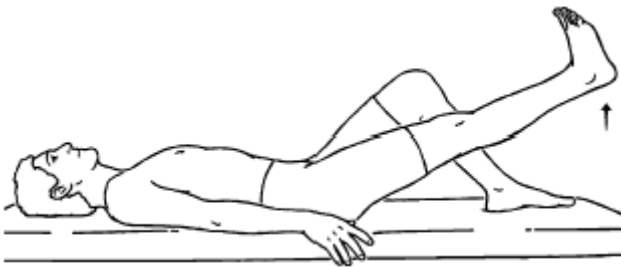
1. Sit or lie on a flat surface, generally the floor is best. Avoid sitting on a bed as it is usually not supportive enough.
2. Keeping the leg straight while pulling the ankle back so that your toes point towards your face; tighten the quadriceps (front thigh muscle) like you are trying to touch the back of your knee into the ground.
3. Hold the contraction for 10 seconds and then relax.
4. Repeat for 3 sets of ten repetitions.



- 3. Straight leg raise (SLR)** - We have included a couple of diagrams to illustrate the exercise.

Start date:

1. You will have to accomplish the quad set first prior to being able to perform the SLR.
2. To begin this exercise, lie or sit on a hard surface.
3. Perform a quad set, then raise the leg into the air at least 12 inches keeping the leg straight.
4. Hold this position for 5-10 seconds and then slowly lower to the ground and relax.
5. Repeat for 3 sets of 10 repetitions.



4. Heel slides

Start date:

1. Lie or sit on a hard surface. You can also perform this exercise sitting in a chair.
2. With the non-injured or non-involved leg straight, gently move the involved knee by sliding the heel of your foot on the ground. This is more easily done when on a slick surface like wood or tile. Try to avoid carpet.
3. Move the heel to try to touch your buttock. In some instances, we may request that you only move the knee to a certain degree, such as 90 degrees. If you are allowed to move the heel to obtain full knee motion, then pain is your guide.
4. Slide the heel of your foot back down so the leg is completely straight again.
5. Repeat for 3 sets of ten.

