

## Exercises to recover knee movements

### 1 Knee extension stretch



Sit (or lay down) with your involved leg straight out in front of you. Place the heel on a small, rolled up towel with the knee unsupported. You can also place an ice pack on your knee while holding the position.

Sets: 1 Reps: 15

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### 2 Knee end range extension



Lie on your back with a towel rolled under your ankle. Push your knee down towards the bed so as to straighten it as much as possible. Relax your knee and repeat.

Sets: 3 Reps: 12 Freq: 2-3 a day

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### 3 Isometric knee extension



Sit with your knee supported on a rolled towel. Contract your thigh muscle (quadriceps) to push your knee down on the towel without lifting your foot off the ground. Relax and repeat.

### 4 Knee terminal extension



Stand back to a wall with a rolled towel behind the affected knee. Extend the knee by pushing the back of the knee against the towel. Hold for the required time.

### 5 TKE with band



Tie a band around the affected knee. Stand with the affected leg under the body or slightly in front, and the other leg slightly behind for balance. Slightly bend the knee, then use the quadriceps muscle to straighten the leg as much as possible. Do not rock the hips front and back, use only the quadriceps to extend the knee. Don't let the knee go excessively in front of the toes on the way down.

### 6 Heel slides with towel



Sit down against a wall and place a towel around the heel. Gently pull the towel to flex the knee until a stretch is felt.

### 7 Assisted knee flex/ext



Sit with your leg outstretched and your hands around your thigh. Assisting the movement with your hands, slide the heel on the surface toward you to put your foot flat on the surface. Slide the heel back to fully extend the knee.

### 8 Assisted knee flexion



Lie on your stomach and bend your knee as far as you can. Cross your other leg over your bent leg and push on it to increase the flexion. Maintain the position and relax. Do not raise your pelvis up off the bed when you push your knee bent. Keep it in contact with the bed at all time.

### 9 Stretching calf sitting



Sit down with one leg outstretched and the other bent. Place a strap around the ball of your outstretched foot and hold the ends of the strap in your hands. Pull up against the strap until you feel a stretch at the back of your leg. Maintain the position. Repeat the above with your other leg.

Sets: 3 Reps: 10 Freq: 2 per day Hold: 15sec

### 10 Standing calf stretch on wall



Put the leg to be stretched behind with the heel on the floor and toes pointing directly forward. Place both hands on the wall and extend the rear knee while pushing the hips forward without bending the back knee until you feel a stretch in your back calf. Hold the stretching position.

Sets: 2 Reps: 5 Freq: 2 per day Hold: 15sec

### 11 Hamstring stretch



Sit on a chair with one foot on a small bench. Arch your lower back and pull your foot towards you while you extend your leg until you feel a stretch behind your leg. Maintain the position and relax.

Sets: 2 Reps: 5 Weight: 2 Freq: 2 per day Hold: 15sec