

Total Knee Exercise Program

Remember to Log In to QUILL to continue on your journey

Heel Prop

Reduces stiffness in knee

- Sit with heel propped on stool/chair, toes pointing to the ceiling
- Hold for 10 minutes 3X a day



Calf Stretch

Improve flexibility in the back of your leg

- Keep leg straight, heel on the floor, toe pointed forward.
- Lean into wall until a stretch in the calf is felt
- Hold 20 seconds. Repeat 5 times



Hamstring Stretch

Gain hamstring flexibility

- Sit up, one leg bent and one straight with towel looped around
- Pull towel towards you & lean forward



Heel Slides

Improve range of motion

- Lie down with leg flat
- Slowly slide heel toward buttocks until you feel a stretch
- Hold 5 seconds Repeat 10X



Knee Extension

Strengthen top of thigh muscles

- Sit up with legs straight
- Place pillow under knee
- Slowly lift foot off bed to straighten knee, hold, then slowly lower (3 Sets 10 reps)



Standing Knee Flexion

Improve knee stability

- Stand holding on to a chair/table for support.
- Bend knee towards buttocks. (3 sets of 10 reps)



Hip Abduction

Strengthen outer hip muscles

- Lay on your side with head supported and top leg straight
- Raise your top leg towards the ceiling, lower and repeat



Straight Leg Raise

Restore knee extension and strengthen

- Sit with affected leg flat, and other knee bent
- Tighten thigh muscles raising leg 6-8 inches (3 sets 10 reps)

