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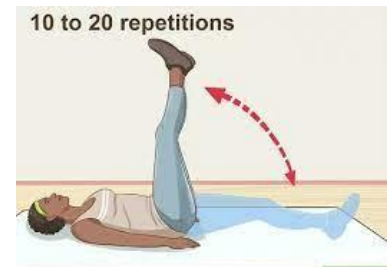
Knee Conditioning Program

Purpose: To strengthen and stretch your muscles surrounding the knee to regain normal function, increase range of motion and pain-free function.

Length: 4-6 weeks unless otherwise instructed.

1. Leg Lifts:

- ✓ Lay on your back with your legs straight out in front of you.
 - ✓ Bend one knee and place the foot flat on the floor.
 - ✓ Tighten up the top of your thigh muscle on the opposite leg and lift that leg about 8 inches off the floor, keeping the thigh muscle tight throughout.
 - ✓ Slowly lower your leg back down to the floor.
 - ✓ Do 3 sets of 10 on each leg.
- *Tip: Squeeze your abdominal muscles when raising your leg.



2. Leg Extensions:

- ✓ Sit upright in a chair with your knees bent to 90° and feet flat on the floor.
 - ✓ Raise your foot, extending the knee until your leg is straight.
 - ✓ Do 3 sets of 10.
 - ✓ Repeat on the other leg.
- *Tip: Once this exercise becomes easy, add a Thera-band around your ankle or an ankle weight for strengthening.



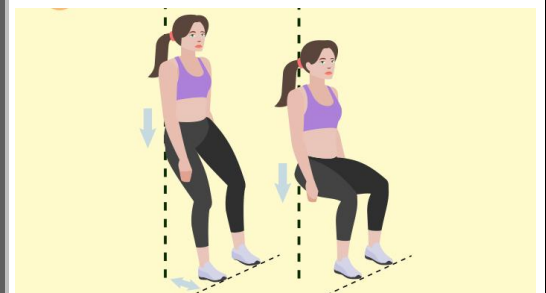
3. Leg Curls:

- ✓ Stand up straight and hold onto a steady chair or table in front of you.
 - ✓ Balancing on one leg, bring your opposite foot up, bending at the knee, up to 90°.
 - ✓ Do 3 sets of 10. Repeat on other leg.
- *Tip: Once this is done easily and without pain, add an ankle weight or use a Thera-band for extra resistance.



4. Wall Sits:

- ✓ Stand with your back, shoulders, and head against a wall and look straight ahead.
- ✓ Keep your shoulders relaxed and your feet about 18 inches away from the wall and a shoulder's width apart. Keeping your back flat against the wall, slowly squat down to a 90° angle. Your thighs will be parallel to the floor. Hold for 5 seconds and then slowly slide back up the wall. Repeat 10 times. Build up to 3 sets of 10.



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Wall Sits continued...

*Tip: If 90° is not possible, start at 45° and work your way up from there. Also, work to increase time, building up to 10 seconds.

5. Lunges:

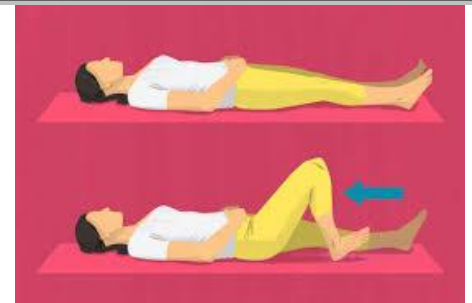
- ✓ Stand and take a large step forward with your right leg.
- ✓ Dip your left knee down toward the floor and bend your right leg. Return to the starting position.
- ✓ Repeat the exercise, this time stepping forward with your left leg and dipping your right knee down toward the floor.
- ✓ Do 3 sets of 10 on each side.



Range of Motion Exercises: #6, 7, 8 & 9

6. Heel Slides:

- ✓ Sit/Lay on firm surface with your legs straight in front of you.
- ✓ Slowly slide the heel of one leg toward your buttock by pulling your knee to your chest as you slide. Return to the starting position and do 3 sets of 10.
- *Tip: You may wrap a towel or sheet around your ankle and pull with your hands to help move your heel back.



7. Rocking Chair Exercise:

- ✓ This is an easy-going exercise to help gradually increase your range of motion.
- ✓ Sit in a rocking chair with your knees bent to 90°.
- ✓ While keeping your feet touching the floor, rock back and forth allowing your knee to bend past 90°.
- ✓ Do this for 5 minutes and work your way up from there.



8. Stationary Bike:

- ✓ Using a stationary bike is a good, non-impact exercise to increase your range of motion and decrease stiffness in your knee!
- ✓ Start by biking 5 minutes a day and work your way up to 15 minutes a day.
- *Tip: You may increase resistance when you need to challenge yourself!



9. Balance Activity:

- ✓ Stand next to a table or chair.
- ✓ Hold onto the table and stand on one foot.
- ✓ Continue to stand on the one foot and let go of the table, balancing on that foot alone.
- ✓ Do this for 30 seconds.
- ✓ Repeat 3 times and then repeat on other side.

