

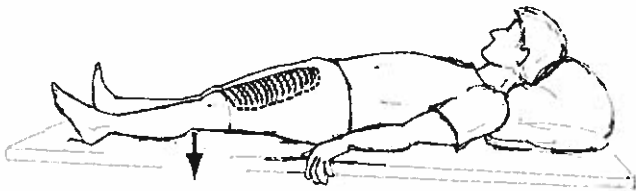
KNEE EXERCISE PROGRAM

GENERAL EXERCISE INSTRUCTIONS:

- Exercises should be done consistently, twice a day.
- Always start out gently and in your PAIN-Free range of motion.
- Increase your intensity gradually. Exercise should not cause pain that lingers.

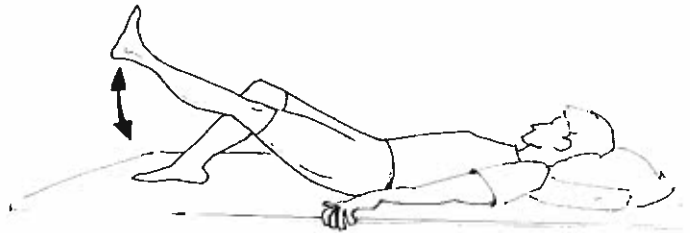
_____ Prior to exercises: Moist heat 15 minutes to knee.

QUADRICEPS SETS:



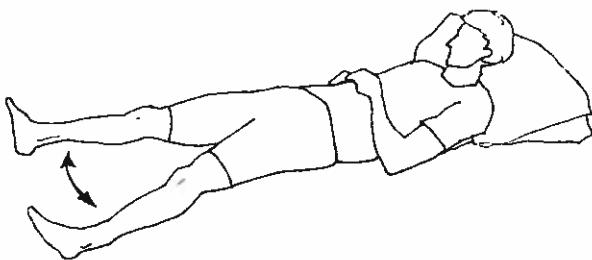
Tighten muscles on top of thighs while trying to push the backs of both knees downwards. Hold 10 seconds. Do 30 reps, 2 sessions per day.

STRAIGHT LEG RAISE:



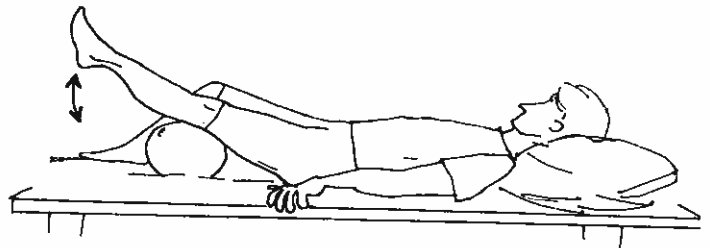
Lie on your back with the uninjured leg bent and foot flat. Injured leg should be straight. Tighten muscles on the front of the thigh and lift leg approximately 8-10 inches, keeping knee locked. Hold 10 seconds. Do 30 reps, 2 sessions per day.

HIP ABDUCTION:



Slide the leg out to the side and return. Keep the knee straight with toes pointed up. Do 30 reps, 2 sessions per day.

SHORT ARC QUADS:



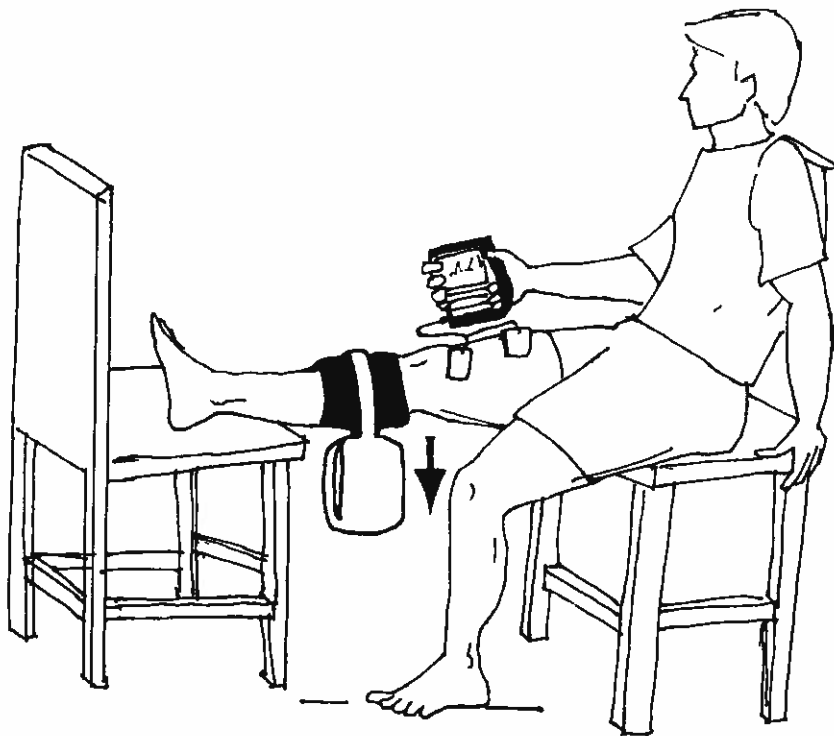
Place a large can under the thigh. Rest the thigh on the can and slowly lift the lower leg to straighten the knee. Hold 10 seconds. Do 30 reps, 2 sessions per day.

_____ After exercises: Ice 15 minutes to the knee.

**KFC E-STIM
KNEE FLEXION CONTRACTURE
PROTOCOL PER JESSE DELEE, M.D.**

PURPOSE:

To increase knee extension using neuromuscular stimulation to the quadriceps muscle, leg positioning and weights.



PROCEDURE:

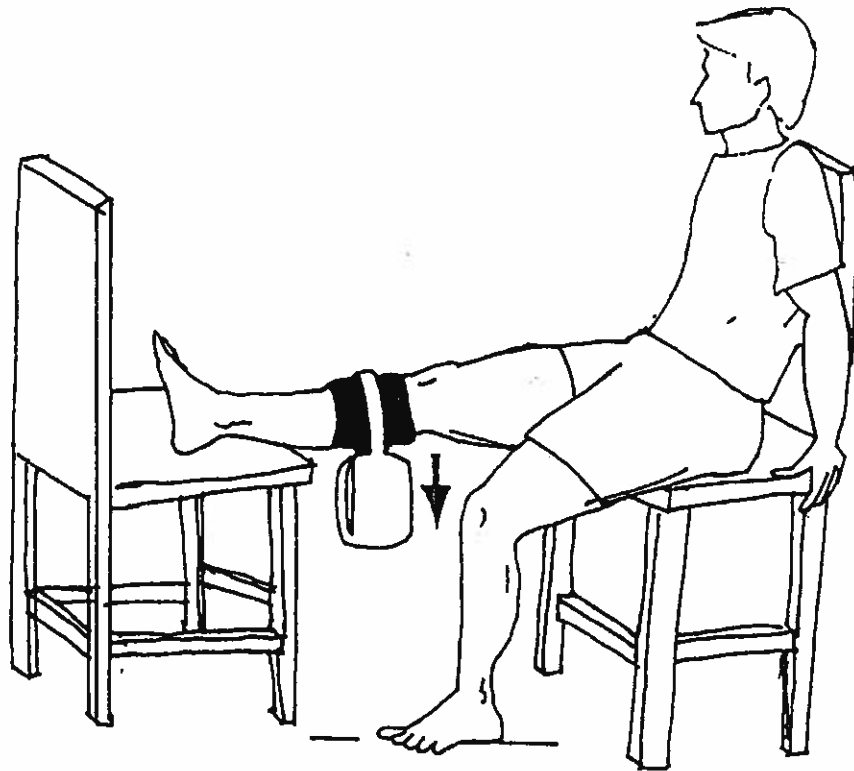
1. Position patient on a chair with affected leg elevated on another chair of the SAME height.
2. Apply NMS unit to quadriceps muscle.
3. Apply Theraband over the proximal tibia and anchor a 5 lb. cuff weight to the band. (*Caution: Keep weight off the incision*).
4. NMS settings are as follows: 10 seconds on and 20 seconds off.
5. Instruct the patient to perform a quad set and push knee down while the muscle is being stimulated. (see arrow)

Total exercise time: 15 minutes.

KFC
KNEE FLEXION CONTRACTURE
PROTOCOL PER JESSE DELEE, M.D.

PURPOSE:

To increase knee extension using quadriceps muscle contractions, leg positioning and weights.

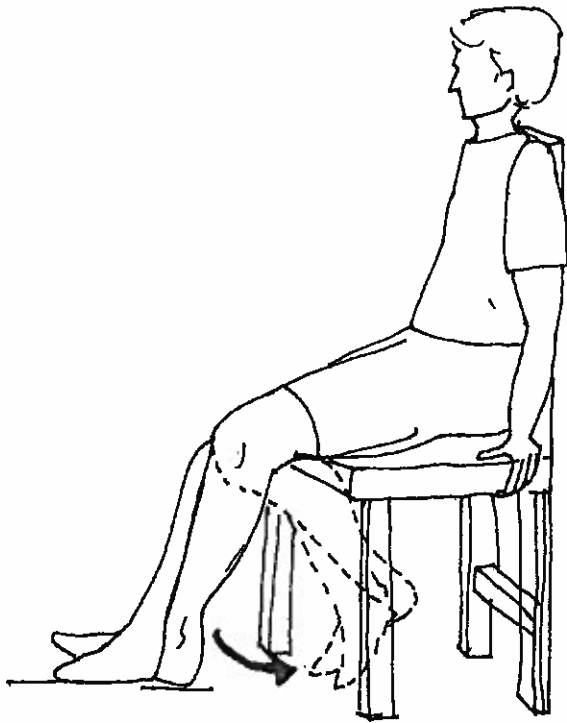


PROCEDURE:

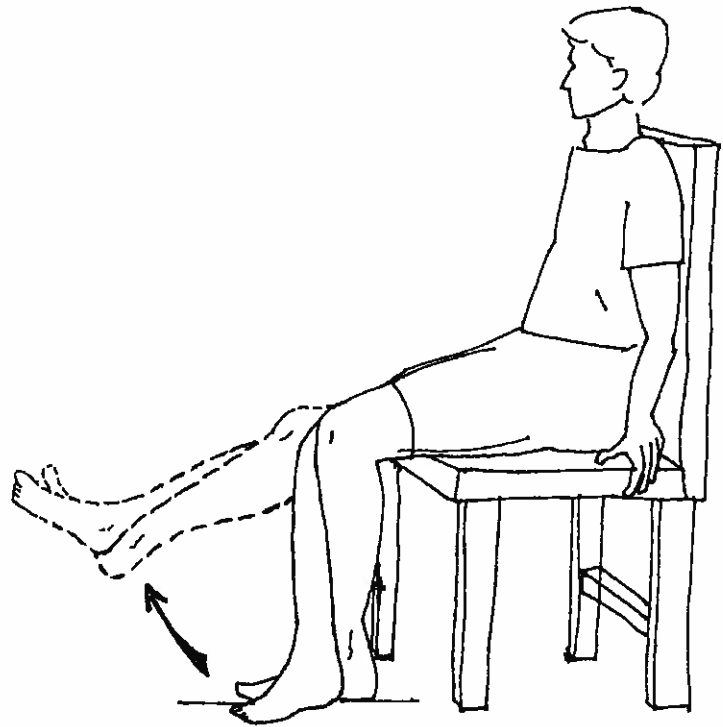
1. Position patient on a chair with affected leg elevated on another chair of the SAME height.
2. Apply Theraband over proximal tibia, anchor a 5 lb. cuff weight to the band.
(Caution: Keep weight off incision)
3. Encourage patient to actively contract the quadriceps muscle and push knee down.
(see arrow)
4. Hold contraction 10 seconds and relax 20 seconds.

Total exercise time: 15 minutes.

CONTRA-LATERAL LEG FLEXION/EXTENSION



FLEXION



EXTENSION

1. Sit on the edge of a table or chair.
2. Use the uninjured/unaffected leg to flex (bend) and straighten (extend) the injured /affected leg.
3. **Flexion** - Cross your ankles, place the uninjured or unaffected leg on top of the injured/affected leg. Pull your heel(s) backwards under the surface you are sitting on to increase the amount you can bend your knee.
4. **Extension** - Cross your ankles, placing the uninjured or unaffected leg under the injured/affected leg. Slowly begin to straighten your knee using the uninvolved leg. **DO NOT** use the involved leg.
5. Repeat the exercise _____ times, _____ times per day.
6. Rest 1 minute in between sets.