

Improving Your Knee's Function

Do all exercises with both legs. Do 3 sets of 15 repetitions 3 times per day.

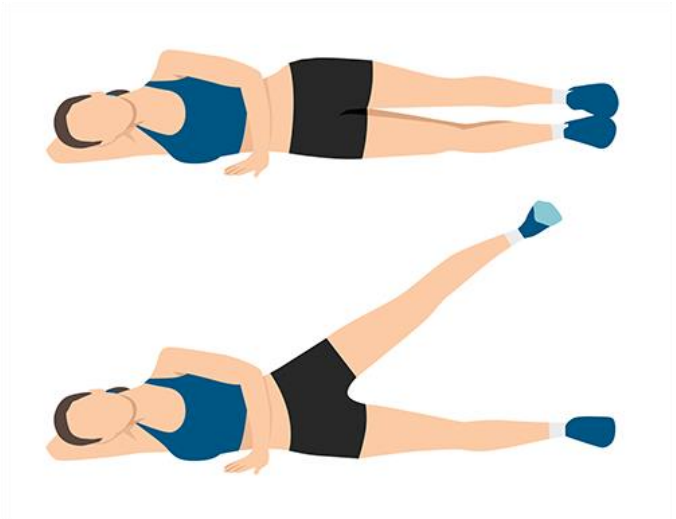
Straight Leg Raise

- Sit on the floor, with one leg straight and the other bent.
- Point the toes on your straight leg toward the ceiling. Slowly raise the leg a few inches.
- Hold a few seconds; slowly lower the leg over 15 seconds.
- Repeat with toes turned out to strengthen inner thigh muscles.



Hip Abduction (side-lying)

- Lay on your side.
- Tighten muscles on front of outstretched thigh, then lift leg 12 inches from surface, keeping knee locked.

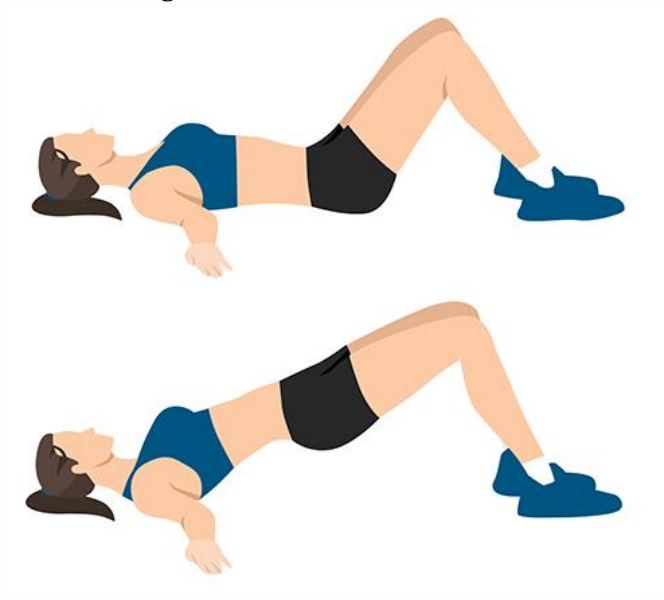


*If you have any problems or questions,
please call your doctor's office (8am-5pm).
Answering service for after hours.*

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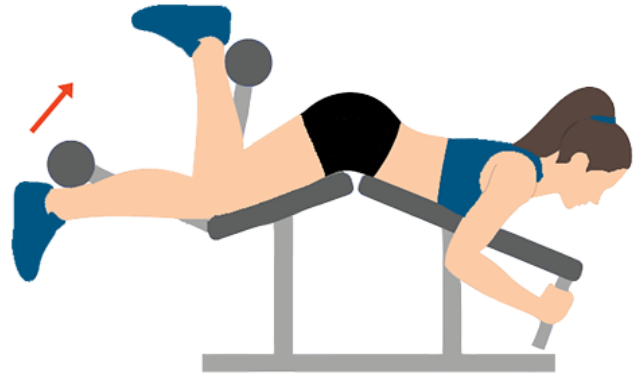
Bridging

- Lay on your back with both knees bent and feet flat on floor.
- Slowly raise buttocks from the floor, keeping stomach tight.



Hamstring Curls

- Lying on your stomach on the leg machine, pull one leg up as far as you comfortable can.
- Let your leg uncurl slowly and steadily. Take care not to arch your back.



Leg Press

- Start with your leg at a 90-degree angle on the leg press machine.
- Push with your leg until it is almost completely straight.
- Slowly and steadily return your leg to its original position.



Wall Sit

- Start with your back against a wall, feet about 13 inches from the wall and hip-width apart.
- Slowly slide down to a near-sitting position. Don't let your hips go lower than your knees.
- Hold for 20 seconds. Stand back up.
- Repeat with legs turned out to strengthen inner thigh muscles.

