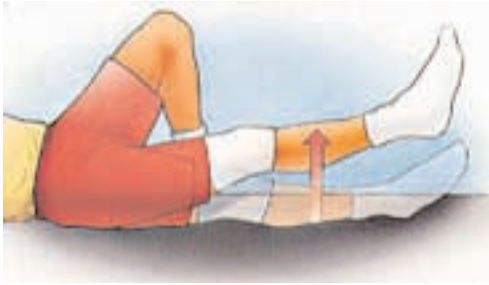


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General Knee Program



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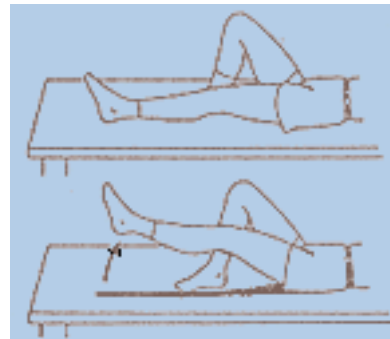
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Patient Information Series

Range of Motion Exercises

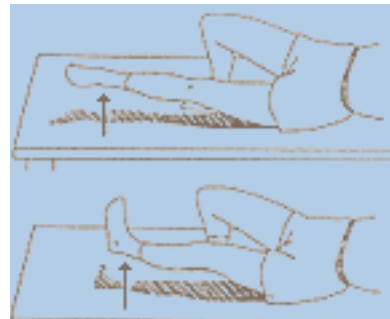
Straight Leg Raise:

Lie on back, with right knee bent and right foot flat on the floor. Gradually lift the left leg 12 inches off the floor. Keep knee straight and toes pointed upwards. Hold for 5 seconds and repeat set 5 times. Repeat with opposite leg.



Straight Leg Raise with Internal and External Rotation:

Lie on back, with right knee bent and foot flat on the floor. Position left foot externally rotated in the 10 o'clock position. Lift left leg 12 inches off the floor. Hold for 5 seconds and repeat with opposite leg.



Knee Extension:

Lie on your back and slowly press left knee into the floor. Tighten muscles on front of thigh. Hold for 5 seconds and repeat set 5 times. Repeat with opposite leg.



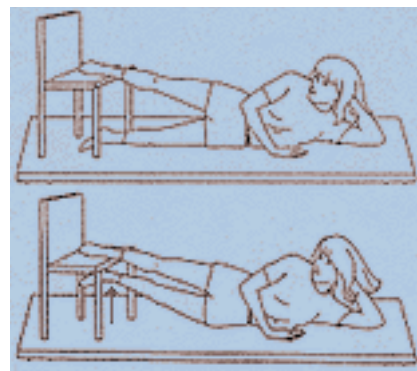
Hip Abduction:

Lie on left side with bottom knee bent, Raise right leg with knee straight and toes pointed forward. (Do not allow top hip to roll backwards). Hold for 5 seconds and repeat set 5 times. Repeat with opposite leg.



Hip Adduction:

Lie on left side with top leg on chair. Raise the bottom leg up to the chair seat. Hold leg up for 5 seconds and repeat set 5 times. Repeat with opposite leg.



Strengthening Exercises

Knee Flexion:

Sit upright on a chair and cross legs with the left leg on the bottom. Slowly use the right leg to push the left leg underneath the chair while keeping hips flat on the chair. Hold this position for six seconds. Return to starting position and do six repeats. Repeat entire exercise with right leg on bottom.



Terminal Knee Extension:

Place a towel under left knee, allowing it to bend about 30 degrees. Slowly extend left lower leg until it is straight and contract thigh muscles as tight as possible for 3 seconds. Slowly lower your left heel to the floor. Repeat 3 sets of 10 on each leg.



Heel Slide Knee Extension:

Lie on your back, with left knee bent and left foot flat on floor. Slowly slide the left heel away from your body. Hold for 5 seconds and repeat 5 times. Repeat with opposite leg.

