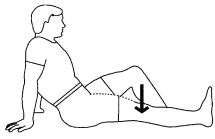
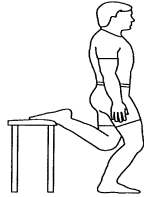


General Knee Rehabilitation

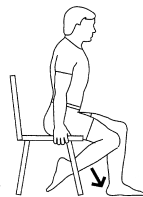
Complete __ sets of __ repetitions __ times a day



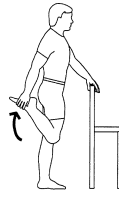
*Sit with leg extended.
*Tighten quad muscles on front of leg, trying to push back of knee downward.



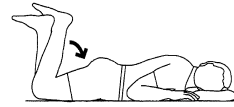
*Place involved leg on chair.
*Keeping back straight, bend uninvolved knee towards floor.



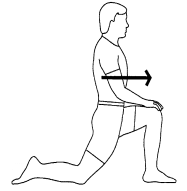
*Place top of involved foot down on floor.
*Gently sit forward in chair, pushing down with foot.



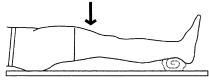
*Stand on uninvolved leg, using chair for balance.
*Grasp the ankle of involved knee and pull upward.



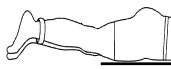
*Bend involved knee, placing uninvolved leg behind the involved.
*Gently push involved knee forward with uninvolved leg.



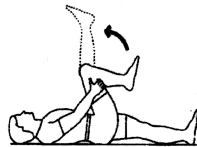
*Half kneel as shown on right leg.
*Lean forward slowly keeping hips and back straight.



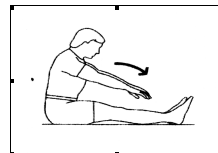
*Lie face up, ankle supported on bolster.
*Relax leg and allow gravity to straighten leg.



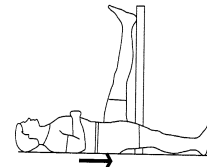
*Place weight on involved leg at far end.
*Position knees at edge of mat, relax leg and allow gravity to straighten leg.



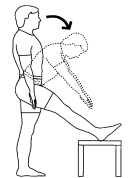
*Lie on back holding knee from behind, pulling toward chest as shown.
*Gently straighten leg.



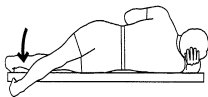
*Sit on firm surface with legs straight out in front.
*Slowly bend at hips, reaching for toes.



*Place heel on doorframe, with involved side about 5 inches from wall.
*Gently slide buttocks toward wall, keeping knee straight.



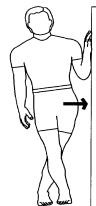
*Stand with heel propped on table, knee straight, as shown.
*Gently and slowly lean forward at waist.



*Lie on uninvolved side.
*Extend involved leg backwards and slowly lower until a gentle stretch is felt in outer thigh.



*Lie on back with knees bent.
*Move involved side ankle over opposite knee.
*Gently lift uninvolved side knee up to chest.



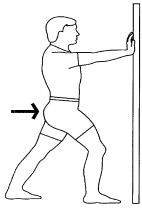
*Stand next to wall, about a foot away, involved leg toward wall.
*Cross over the uninvolved leg in front, and lean into wall, as shown.



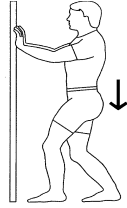
*Lift involved leg to chest and grasp knee with opposite hand.
*Grasp lower calf with other hand, gently pulling across chest and rotating leg inward.



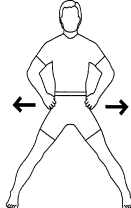
*Lie on back, involved knee bent, ankle across opposite leg.
*Grasp knee and pull thigh inward while moving to the involved side knee inward.



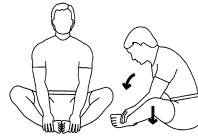
*Stand facing wall, hands on wall.
*Step forward with foot of uninvolved leg, leaning hips inward toward wall, keeping rear leg straight with heel on floor.



*Stand facing wall, hands on wall.
*With knees bent, step forward with foot of uninvolved leg, leaning hips inward toward wall, keeping contact with back foot.



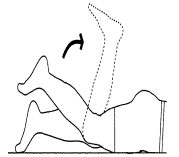
*Stand with feet apart almost as far as possible.
*Shift weight toward uninvolved side and hold.



*Sit with knees bent, soles of feet together.
*Slowly let your knees drop to floor.
*Grasp ankles with hands and lean forward.



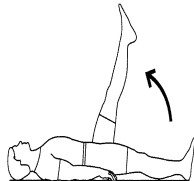
*Sit on stool, thighs apart, feet flat.
*Place both hands on thigh.
*Slowly lean forward, and slide hands toward ankle.



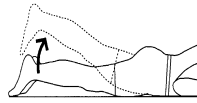
*Lie face down, legs straight.
*Bend involved knee upward.



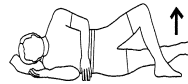
*Lie on back with involved leg bent to 45 degrees, supported with a bolster as shown.
*Straighten leg at knee.



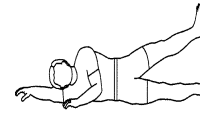
*Lie on back with knees straight.
*Keeping back against mat, raise involved leg as high as possible while keeping both knees straight.



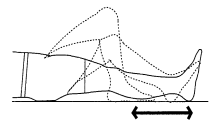
*Lie face down, knee straight on involved leg.
*Lift involved leg upward.



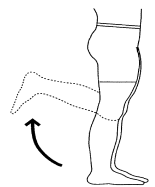
*Lie on involved side, with uninvolved knee bent and leg in front of involved leg.
*Keeping knee straight, raise involved leg upward.



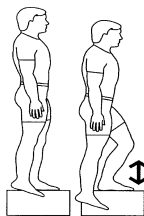
*Lie on uninvolved side.
*Keeping knee straight, raise involved leg upward.



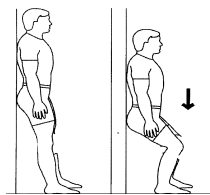
*Lie on back with legs straight.
*Slide heel up to buttocks.



*Stand with both legs fully extended, and feet on floor.
*Bend involved leg upward, towards buttock, through full range.



*Place involved leg on edge of step.
*Step up, lifting uninvolved leg off floor.
*Lower uninvolved foot toward floor, but do not touch.



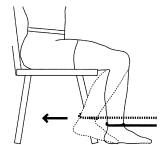
*Lean on wall, feet 12 inches from wall, shoulder width apart.
*Bend knees to 45 - 90 degrees and hold.



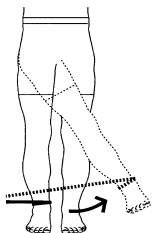
*Stand on step with both feet.
*Step down slowly, leading with uninvolved leg.



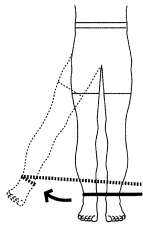
*Stand with involved leg up on step.
*Shift weight over knee, stepping up slowly.



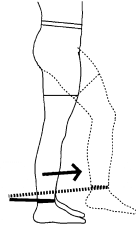
*Attach elastic to secure object at ankle level.
*Sit in chair, with elastic around ankle of involved leg, pulling heel under.



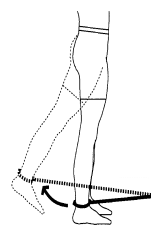
*Attach elastic to secure object at ankle level.
*With elastic around ankle of involved leg, pull leg in, moving inward.



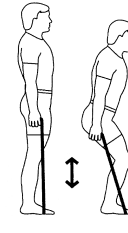
*Attach elastic to secure object at ankle level.
*With elastic around ankle of involved leg, pull leg away, moving outward.



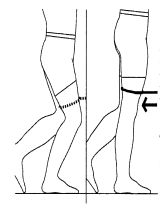
*Attach elastic to secure object at ankle level.
*With elastic around ankle of involved leg, pull forward keeping knee straight.



*Attach elastic to secure object at ankle level.
*With elastic around ankle of involved leg, pull leg backward.



*Place elastic under feet, grasping in both hands.
*With feet shoulder width apart, bend to 45 - 90 degrees, and return to starting position.



*Attach elastic to secure object, at knee level.
*With elastic around thigh of involved leg, knee bent at 45 degrees, straighten leg, keeping foot on floor.