

Vanderbilt Sports Medicine

KNEE OSTEOARTHRITIS Quad Strengthening



Quad sets: Sit with involved leg straight. Tighten muscles on front of thigh (quad), trying to push back of knee downward. Towel is optional.

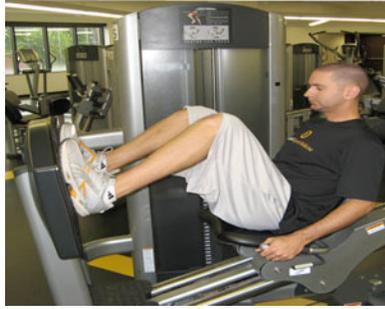


Straight Leg Raise: Lie on back with involved leg straight and uninvolved leg bent. Tighten muscle on front of thigh (quad), raise involved leg to the height of the bent leg.



Wall Sits: With back flat against the wall, squat down to a pain-free range with feet shoulder width apart and 12 inches from wall. Hold your position for a set time.

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Seated Leg Press: Feet should be shoulder width apart, knees at 90 degrees. With both legs, push straight back without locking your knees.



Seated Leg Extension: Adjust machine so your legs are starting at 90 degrees. Extend both legs without locking your knees.



Free weight Seated Leg Extension: Same as above, just a different machine. May perform one leg at a time.