



Exercise Program For:  
Patellofemoral

<p><b>*AROM lumbar bridging bil</b></p> <p>Perform 4 sets of 10 Repetitions, once every other day. Hold exercise for 5 Seconds.</p>	<p><b>*AROM hip flex (SLR) supine knee bent</b></p> <p>Perform 4 sets of 10 Repetitions, once every other day.</p>	<p><b>*AROM hip abd uni sidelying</b></p> <p>Perform 4 sets of 10 Repetitions, once every other day.</p>
<p><b>*AROM hip ER/abd sidelying</b></p> <p>Perform 4 sets of 10 Repetitions, once every other day.</p>	<p><b>AROM knee flex sit to stand</b></p> <p>Perform 4 sets of 10 Repetitions, once every other day.</p>	<p><b>AROM knee stance uni catch w/ball</b></p> <p>Perform 4 sets of 10 Repetitions, once every other day. Use Ball.</p>
<p><b>AROM knee step up/down lateral partial</b></p> <p>Perform 4 sets of 10 Repetitions, once every other day.</p>	<p><b>AROM knee squat uni clock reach</b></p> <p>Perform 4 sets of 10 Repetitions, once every other day.</p>	<p><b>AROM knee stance uni catch w/ball</b></p> <p>Perform 4 sets of 10 Repetitions, once every other day. Use Ball.</p>

Signature: \_\_\_\_\_

OrthoCarolina

Issued By: OrthoCarolina  
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# Exercises for Knee Rehabilitation

## General Instructions:

How fast and how well you regain knee motion is directly related to your motivation and perseverance. Strong determination and tolerance for temporary discomfort will hasten your return to normal activities.

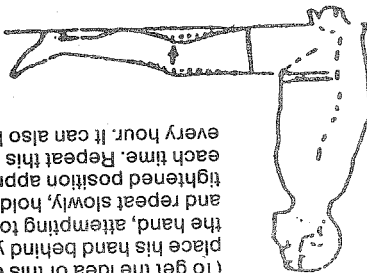
Follow the exercise routine prescribed by your doctor. Gradually increase the frequency of the exercises as your knee becomes stronger. Initially you may require assistance, but you should soon be able to perform these exercises and stretching maneuvers on your own.

Swimming is a good form of exercise; many of the following exercises can be more effectively performed with the aid of the water's buoyancy.

You may wish to establish the exercise pattern with your good knee; then switch to the injured one.

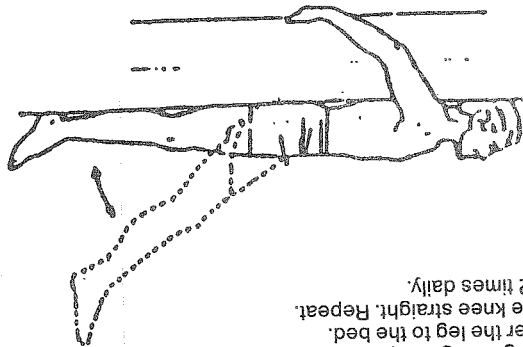
### 1. Quadriceps Setting.

Sit on a flat surface with legs out straight. Tighten the knee without moving the leg out of position (To get the idea of this exercise, have someone place his hand behind your knee and push against the hand, attempting to flatten your knee.) Relax and repeat slowly, holding the knee in the tightened position approximately two seconds each time. Repeat this exercise at least 25 times every hour. It can also be performed at odd moments, such as in the auto while waiting for a traffic light, sitting in a chair, etc.



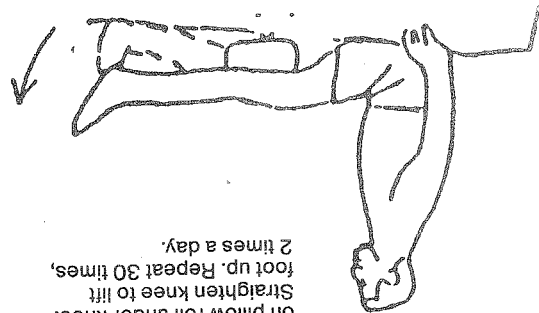
### 2. Straight Leg Raising.

Lie on your back with your legs out straight, knees unbent. Holding onto the bed frame. Lift your heel slowly off the bed. Raise the leg as high as possible. Slowly lower the leg to the bed. Keeping the knee straight. Repeat 30 times, 2 times daily.



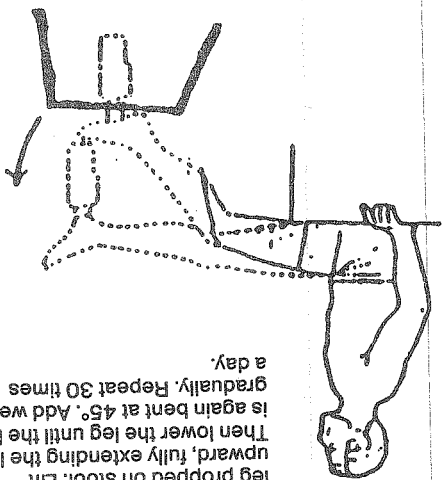
### 3. Short Extension.

Sit on flat surface with legs out straight. Place a towel on pillow roll under knee. Straighten knee to lift foot up. Repeat 30 times, 2 times a day.



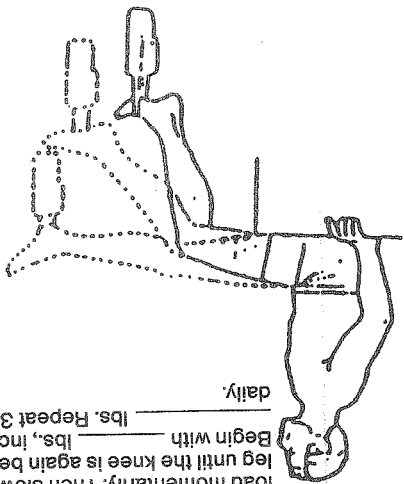
### 4. Terminal Extension.

Sit on high table with leg propped on stool. Lift upward, fully extending the leg. Then lower the leg until the knee is again bent at 45°. Add weight gradually. Repeat 30 times a day.



### 5. Progressive Resistance Exercises.

Sit on a high table or bench with legs dangling. Suspend weights from your ankle, using a small bucket, ladies's handbag, or any pouch with a strap. Lift the weight upward, fully extending the knee, and hold the load momentarily. Then slowly lower leg until the knee is again bent 90 degrees. Begin with \_\_\_\_\_ lbs., increase \_\_\_\_\_ lbs. Repeat 30 times daily.



6. Lie on stomach with weight around ankle. Bend knee, slowly lower foot to floor. Start with \_\_\_\_\_ lbs., pull up to \_\_\_\_\_ lbs. gradually.

