

Knee A Home Program

1. Hamstring Stretch



- Lie on your back with your legs straight.
- Tie a belt or towel around the foot of the injured leg.
- Hold the other end of the belt in your hands.
- Lift your leg up keeping it straight and maintain the stretch by pulling on the belt with your hands.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

2. Quad Stretch



- Lie on your stomach and place a towel or belt around your ankle.
- Bend your knee by pulling on the towel with your arms until you feel a stretch.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

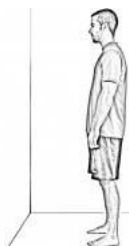
3. ITB Stretch



- Stand next to wall with involved leg toward wall.
- Cross over the uninvolved leg in front and lean hip towards the wall as you bend the front knee until you feel a stretch on the side of your thigh and buttocks.
- Maintain the position and relax.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

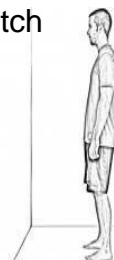
4. Gastroc Stretch



- Stand and place both hands on a wall, with your feet about half a meter from the wall.
- Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf.
- Maintain the stretch and relax.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

5. Soleus Stretch



- Stand and place both hands on a wall, with your feet about half a meter from the wall.
- Place one leg behind the other and slowly bend the knees while keeping heels on the floor until you feel a stretch in the calf of the back leg.
- Maintain the stretch and relax.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

6. Butterfly Stretch



- Sit down and bring your heels together as close as possible to your hips.
- Grab the forefoot with your hands to pull the torso forward to feel a comfortable stretch in the groin/inner thigh.

Sets: _____

Repetition: _____

Weight: _____

Frequency: _____

7. Quad Set



- Adopt a long sitting position with one knee flexed and one leg extended and the lower back straight.
- Straighten the knee fully by trying to touch the back of your knee to the ground. Hold for the required number of time.

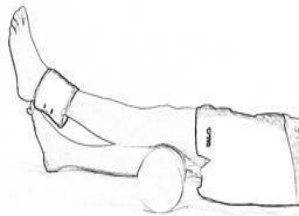
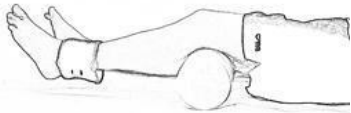
Sets: _____

Repetition: _____

Weight: _____

Frequency: _____

8. Short Arc Quad



- Place weight on ankle of involved leg and position knee over a rolled towel bending to about 30 degrees.
- Push your knee onto the roll and straighten knee fully by lifting the foot as high as possible.
- Slowly lower the leg to starting position and repeat.

Sets: _____

Repetition: _____

Weight: _____

Frequency: _____

9. Hip Abduction



- Lay down on your back and open one leg on the side then close back.
- Make sure that the knee is always facing up during the movement.
- Do not swing or side-bend the trunk while doing the movement.
- *Bend un-involved knee to eliminate back discomfort

Sets: _____

Repetition: _____

Weight: _____

Frequency: _____

10. Heel Slides



- Lie on your back with both leg straight.
- Bend one knee up as far as you can without using arms and then straighten it out so it is flat on the bed again.

Sets: _____

Repetition: _____

Weight: _____

Frequency: _____

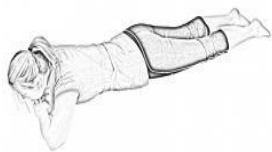
11. Knee Extension



- Sit down on a chair with your back straight.
- Fully extend one leg then go down and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

12. Knee Flexion



- Lay on stomach and flex one knee by bringing the heel toward the buttock.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

13. Straight Leg Raise: Flexion



- Lie on your back with one knee bent and the affected leg completely straight.
- Lift your leg off the bed to 45 degrees keeping it straight.
- Lower the leg to starting position and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

14. Straight Leg Raise: Abduction



- Lie on your side with your bottom leg bent in front.
- Lift up your top leg keeping it straight and your pelvis stable. Once you reach the maximum range without any movement of your pelvis.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

15. Straight Leg Raise: Adduction



- Lie on your side with the bottom leg (affected leg) straight and the top leg bent in front with your foot flat on the floor.
- Lift up the bottom leg keeping straight and the pelvis stable. The foot and the knee cap are pointing forward during movement.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

16. Straight Leg Raise: Extension



- Lie on stomach and bend one knee to 90° degrees.
- Keeping abs and glutes tight elevate your thigh from the floor without arching the back.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

17. Terminal Extension



- Stand back to a wall with a rolled towel behind the affected knee.
- Extend the knee by pushing the back of the knee against the towel.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

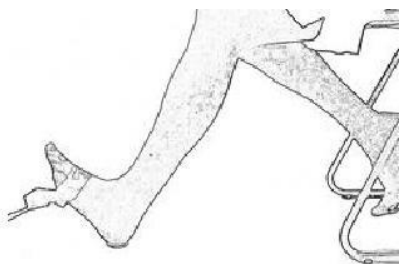
18. Wall Squat



- Stand with your back against a wall with your feet shoulder width in front on you.
- Slide down the wall until your knees are about 45° flexed.
- Slide back up to return to the starting position then repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

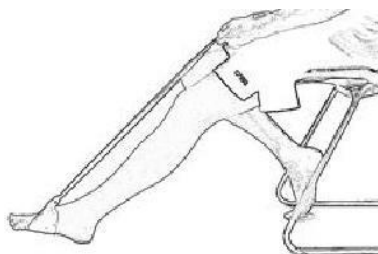
19. Strengthening Dorsiflexion



- Sit up straight in a chair.
- Place elastic around a table leg and over your forefoot.
- Lift your forefoot up off the floor so as to pull against the elastic.
- Lower your forefoot and repeat.
- NOTE: When you pull against the elastic, keep your heel in contact with the floor at all times. The movement should occur only at your ankle.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

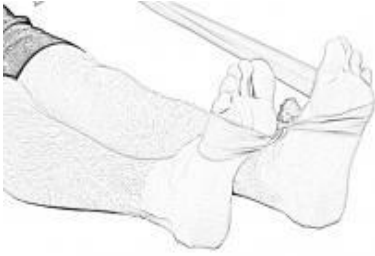
20. Strengthening Plantarflexion



- Sit up straight in a chair.
- Place an elastic around the ball of your foot and hold the ends of the elastic in your hands.
- Push your forefoot down against the elastic.
- Return to initial position and repeat.
- NOTE: Do not push your knee down as if to straighten it. The movement should occur at the ankle only.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

**21. Resisted
Eversion**



- Wrap a band around the affected foot just below the toes and use the other foot as an lever while you hold the band in your hands.
- Start with the sole of the foot facing inward then bring the foot up and out so the sole is facing outside.
- Repeat.

Sets: _____

Repetition: _____

Weight: _____

Frequency: _____

**22. Resisted
Inversion**



- Cross your legs with the affected foot underneath.
- Wrap a band around the affected foot and use the other foot as a lever while you hold the band in your hands.
- Start by having the sole turned toward the inside (toward the lever foot) and push the foot down and turn the sole outward.

Sets: _____

Repetition: _____

Weight: _____

Frequency: _____

