

Knee Phase I – Home Exercise Program

Exercises

Quad Set

While laying or sitting, flex your quads by pressing your knee down towards the mat.

Repeat 10 Times
Complete 3 Sets

Hold 10 Seconds
Perform 5 Times a Day



Patellar Mobilization

Relax the knee cap and gently move the knee cap (painlessly) by lifting and gliding the bone.

Repeat 20 Times
Complete 3 Sets

Perform 5 Times a Day



Straight Leg Raise

While lying or sitting, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted to the ground.

Repeat 10 Times
Complete 3 Sets

Hold 5 Seconds
Perform 5 Times a Day



ANKLE PUMPS - AP

Bend your foot up and down at your ankle joint as shown.

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 5 Times a Day

