

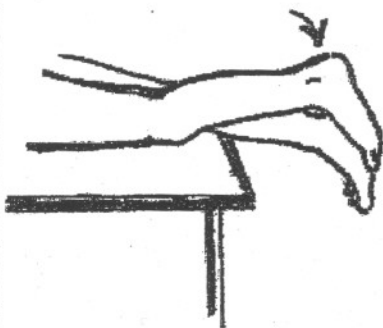
## KNEE

### Range of Motion Extension & External Rotation Therapeutic Exercises

#### GENERAL INSTRUCTIONS:

Do only those exercises taught to you by your therapist.  
Exercise twice daily, 10 of each.

**Extension Level A:** Lie on table with feet hanging over end as shown. Slowly allow gravity to extend your knee. Hold 5 seconds and repeat.



1

**Extension Level B:** Lie on side with both knees bent. Straighten top leg fully. Repeat.



2

**Extension Level C:** Sit on edge of table or bed. Straighten knee with assistance of other leg. Then slowly lower leg, assisting with other leg as needed. Try to do as much of the work with the leg as possible. Repeat.



3

**Extension Level D:** Lie on your back with knee straight and the other knee bent as shown. Keep the leg completely straight, then raise it up. Hold 5 seconds and slowly lower. Repeat.



4

**Extension Level E:** Sit on edge of table or bed. Straighten knee fully. Hold 5 seconds and slowly lower. Repeat.



5

**External Rotation:** Lie on back with knee straight and the other knee bent as shown. Keep leg completely straight with toes pointed outward, then raise it up. Hold 5 seconds and slowly lower. Repeat.



6

#### EXERCISE GUIDELINES:

Exhale on exertion. Hold position for 5 seconds and then relax.

Pulling sensations may occur while exercising. Stop exercising if you experience pain, nausea or dizziness.