

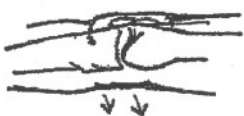
KNEE

Isometric Therapeutic Exercises

GENERAL INSTRUCTIONS:

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

Extensors Level A: Lie on your back with your leg straight. Press the back of your knee downward. This will tighten the muscle on top of your thigh and move your kneecap downward. Hold 5 seconds. Repeat.



1

Extensors Level B: Lie on your back with leg straight. Place a small towel rolled under your knee. Place the back of your knee downward. This will tighten the muscle on the top of your thigh and move your kneecap as shown. Hold 5 seconds. Repeat.



2

Extensors Level C: Lie as shown with a small towel rolled under your ankle. Press ankle down onto roll. Hold 5 seconds. Repeat.



3

Extensors Level D: Lie on your back with a small towel rolled under your knee. Raise heel off floor until knee is straight. Hold 5 seconds and slowly lower. Repeat.



4

Extensors Level E: Sit on the edge of a table or chair. Cross ankles as shown, with the stiff knee on the bottom. Press downward with the upper leg so that you feel a stretch. Hold 5 seconds. Repeat.



5

Flexors: Lie as shown with knee bent partially. Press heel to floor. Hold 5 seconds. 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.