

## KNEE

### Range of Motion Flexion Therapeutic Exercises

#### GENERAL INSTRUCTIONS:

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

**Flexion Level A:** Lie flat on back. Slide heel toward your buttocks, bending the knee. Hold 5 seconds and slowly lower. Repeat.



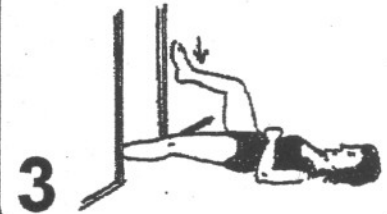
1

**Flexion Level B:** Lie on side with top leg straight. Then bend top knee slowly. Repeat.



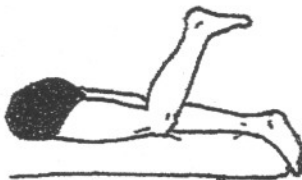
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**Flexion Level C:** Lie on floor as shown with toes lightly touching wall. Let the weight of gravity bend your knee, as you let your toes slide down the wall. Hold 5 seconds.



3

**Flexion Level D:** Lie as shown. Slowly bend knee. Hold 5 seconds and slowly lower. Repeat.



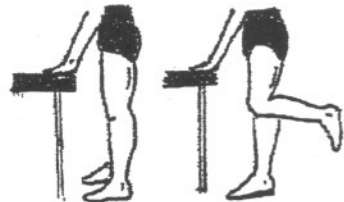
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**Flexion Level E:** Sit on edge of table or bed. Straighten knee with assistance of other leg. Then slowly lower the leg under its own power. Repeat.



5

**Flexion Level F:** Stand holding onto solid object as shown. Slowly bend knee. Hold 5 seconds and slowly



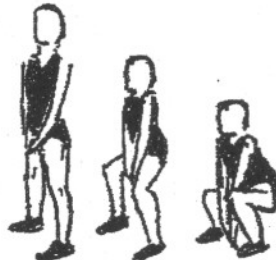
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**Flexion Level G:** Stand, holding on to the back of a chair with feet shoulder width apart. Squat slowly, bending your knees. You may come up on your toes as you squat. Hold 5 seconds. Repeat.



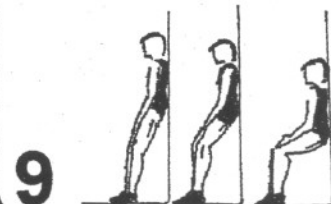
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**Flexion Level H:** Stand with feet shoulder width apart as shown. Squat slowly, bending your knees. Hold 5 seconds. Repeat.



8

**Flexion Level I:** Stand with back against wall, feet shoulder width apart and 18 inches from wall. Slowly slide down wall until you are in "chair" position. Hold 5 seconds. Repeat.



9

#### 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.