



BONE & JOINT
CLINIC OF BATON ROUGE

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Knee/Quad Exercises

Adapted from Craig Mauro, MD

*Perform sets of 10 repetitions, 4 times per day

1. Quadriceps Isometrics (Quad Sets)



Lie flat or sit with your surgical leg straight. Tighten the muscle in the front of your thigh as much as you can, pushing the back of your knee flat against the floor. Hold this tight for 5 seconds then relax.

2. Straight Leg Raises (SLR)



Lie flat or sit with your leg straight and your knee brace on (if you have one). You may have your non-operative knee bent slightly for comfort. Perform a Quad set (as above) and flex your toes straight up. Lift your heel off of the floor and hold for at least 5 seconds. Keep your thigh muscle as tight as you can and lower your heel back down then relax.



3. Heel Slides



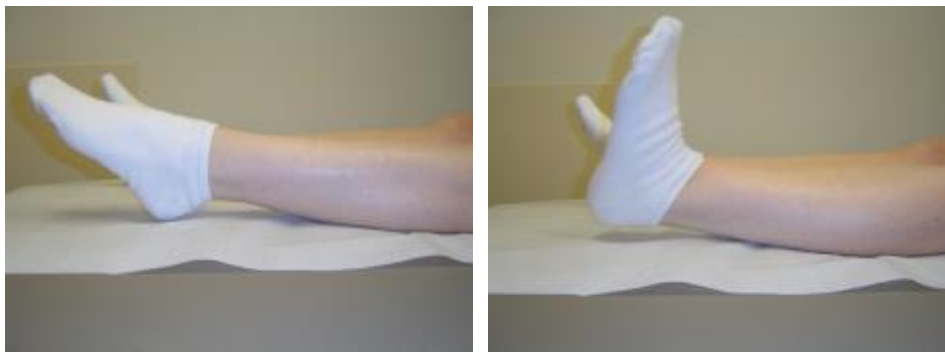
Lie flat or sit with your leg straight. Slide your heel toward your hip. Try to get your knee bent to a 90° angle. Slide your heel back so your leg is straight then relax.

4. Seated Knee Flexion



Sit with your legs dangling over the bed. Relax your leg allowing gravity to bend your knee. You may use your non-operative leg to gently push your operative leg into more of a bend. Maintain this position for up to 10 minutes.

5. Calf Pumps



Point and flex your toes to tighten your calf muscles.



6. Knee Extension (Lying Down)



While lying down, rest your ankle on a towel roll so that your knee and calf are not touching the floor. Allow gravity to straighten your knee. Maintain this position for up to 10 minutes.

7. Knee Extension (Sitting in a Chair)



While sitting in a chair, prop your heel on another chair so that there is nothing behind your calf or knee. Allow gravity to straighten your knee. Maintain this position for up to 10 minutes.