

Knee Exercises



Static Lunges

Step forward, longer than a normal stride. Lower body straight down until back knee almost touches floor, front knee should not bend past 90°. Keep upper body tall, avoid leaning forward. Lift up and repeat, maintaining the lunge stance.



Knee Terminal Extension

Sit on floor with one leg extended straight out in front. Place a pillow or rolled towel under knee. Pull the toes back and push knee down into the towel by squeezing the thigh muscle. Hold, release and repeat.



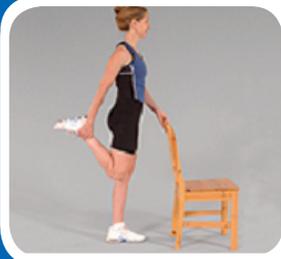
Patella Mobilization

With knee straight out in front, gently mobilize knee cap from side to side and up and down. Good for patella problems



Seated Quad Set / Knee Extension

Sitting in chair. Raise one leg, straightening knee out in front, squeezing through the quads. Hold, lower and repeat.



Quads Standing

Standing tall, raise one heel toward buttocks (grasp above ankle joint). Pelvic tilt and squeeze buttocks to extend hip back slightly to feel a stretch in the front of the thigh. You can support body with hands on a chair to avoid bending forward.



Single Knee Extension - Prone

Lie on stomach on bed or table with thighs at edge of table. Straighten involved leg and allow it to hang off edge stretching the hamstrings and extending the knee. Hold, bend knee back up and repeat.

These exercises are best performed 3-6 times per day. Repeat between 5-10 times.

The more you do it the quicker your body will adapt to it.

You should feel tension but **NO PAIN**.

WARNING: DO NOT CONTINUE THIS EXERCISE IF THERE IS PAIN AND CONSULT THE CLINIC

Lower Leg and Foot Exercises



Plantar Fascia /Gastrocnemius muscle

Sitting with one leg extended out in front, place folded towel over ball of foot. Gently pull foot back towards shin.



Alphabet Ankle

Sit with leg out in front. Place towel under lower leg and relax ankle. Move ankle so as to draw the letters of the alphabet A,B,C... Try drawing upright figure 8's and 'lazy 8's' lying on their side in both directions.



Plantar Fascia - Bottle

Place bottle under arch of foot. Roll foot back and forth over bottle (a cold bottle out of the fridge works best!)



Toe Flexion / Grab

Seated on chair, place marbles, pennies or facecloth on the floor. Use your toes to pick up the various objects. NB: With facecloth, just grab the edge and scrunch it up bit by bit.



Gastrocs - Step

Stand tall with ball of foot on edge of stair or block. Drop heel over edge to feel stretch in the calf.



One legged balance, then heel raise

From a one legged standing position, if comfortable raise up onto tip toes maintaining balance and postural alignment. (Only if comfortable)

These exercises are best performed 3-6 times per day. Repeat between 5-10 times.

The more you do it the quicker your body will adapt to it.

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