

EXERCISES

This pamphlet contains a number of exercises that can be used in the rehabilitation of your knee. We will clearly mark the exercises that you must do. Our suggestion is that you repeat the exercises 2 to 3 times per day. It is important that you do not experience any pain during the exercises. In the event that you do experience pain, decrease the number of repetitions, or even stop doing any exercise for a few days. Please contact us if there are any questions or problems.

HEELSLIDE

Lying on back or sitting. Both knees straight, bend one knee up as far as possible without using arms and then straighten it out so it is flat on the table. Repeat 10 times.

ISOMETRIC QUADS STRENGTHENING

Without pillow

Lie with your leg straight in front of you and your knee cap facing the roof. Now lock your knee by tightening your thigh muscle as much as possible. Hold for 5 counts. Repeat 10 times.
Tip: First try it on the good leg to get a feel for it.

Over a pillow

Lie with a pillow under your knee. Pull your foot up towards you. Now, while pushing the back of your knee into the pillow, try to lift your heel off the bed by locking your knee. Hold this position for 5 counts before lowering again. Repeat 10 times.
Tip: Use a relatively sturdy pillow or a rolled-up towel.

QUADRICEPS STRENGTHENING

Sitting

Sit on a sturdy bed or table with the entire upper leg supported by the bed or table. Bend the knee backwards as far as it can, then straighten the operated leg. Try to lock the knee for 5 counts. Repeat 10 times.

HAMSTRING STRENGTHENING

While lying on your back bend the operated leg and place the heel on the shoulder of someone sitting



facing you. Now push your heel down on his shoulder; you should feel the hamstrings contracting. While still pushing down on is/her shoulder, flex your hip towards you while your assistant slowly bends forward. This exercise should help with strengthening your hamstrings as well as flexing your knee. Repeat 10 times. Tip: You will find if you concentrate on your hamstrings, your knee will slowly flex as your assistant leans forward.



PASSIVE KNEE EXTENSION

Cushion Under The Heel

Place a cushion under the heel of the operated leg. Try to relax and allow gravity to assist the knee to straighten. You will feel a stretch in the muscles and tendons at the back of the knee. Lie like this for 2 minutes.



AFTER 2 WEEKS

ISOMETRIC QUADS STRENGTHENING

2 Litre plastic Coke bottle

Lie with a 2 L plastic Coke bottle under your knee. Pull your foot towards you. Now, while pushing the back of your knee into the bottle, try to lift your heel off the bed by locking your knee. Hold this for 5 counts before lowering again. Repeat 10 times.



HIP ABDUCTION

Lie on the side of the unoperated leg. While keeping the buttocks tightened, lift the operated leg approximately 40cm off the bed. Hold it for 10 counts before lowering it. Repeat 15 times.



CALF MUSCLES

Standing Calf Raises (level ground)

Stand with your hands gently touching the wall in front of you, knees straight and buttocks tucked in. Rise up onto your toes, focusing on pushing up on your big toes. Slowly lower yourself down before rising up again. Repeat 20 times.

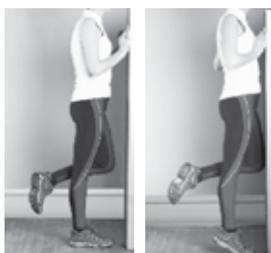


AFTER 6 WEEKS

CALF MUSCLES

Standing Calf Raises (one-legged)

Do the same exercise standing on one leg, raising your other foot slightly off the ground.



QUADRICEPS STRENGTHENING

Wall squats

Stand with your back against a smooth wall; the surface should be smooth enough to allow your back to easily slide up and down against it. Place your feet 30 cm away from the wall. Now slide down the wall by bending your knees while keeping your back against the wall. Bend to about 70° and then slowly slide up the wall by straightening your knees to about 20° before starting to bend the knees, sliding down again. Repeat 5 times. Tip: The further you place your feet away from the wall, the more difficult the exercise will be.

