

# Reliant Medical Group

## Rehabilitation & Sports Medicine Knee Injury

### Knee Extension Stretch

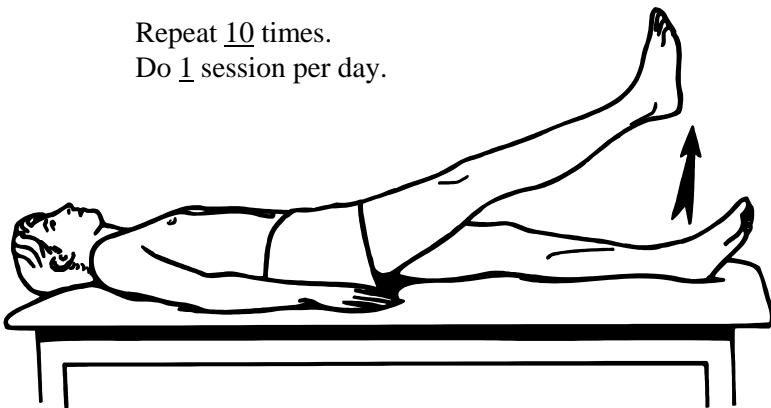
1. You have to be lying down or reclining you can't be sitting up.
2. Put your lower leg on 2 folded bath towels. Do not put any towel under your knee. This raises your knee off the bed and allows it to stretch.
3. You can put the heating pad under your knee Warm things stretch better. But it is not necessary.
4. Put an ice pack over the top of your knee. Make sure there is material between your and the ice.
5. Place a weight on top of your knee closer to the thighbone than to the leg bone.
6. After 10 minutes do some quad sets. If you did not last 10 minutes that is OK, just keep the ice on the knee and after 10 minutes do some quad sets. This is to use the new range you have hopefully gotten so you don't stiffen up as much.

HIP / KNEE - 17

Strengthening: Straight Leg Raise, Phase I

Tighten muscle on front of thigh, then lift leg 8-10 inches from surface, keeping knee locked. Hold 5-10 seconds.

Repeat 10 times.  
Do 1 session per day.

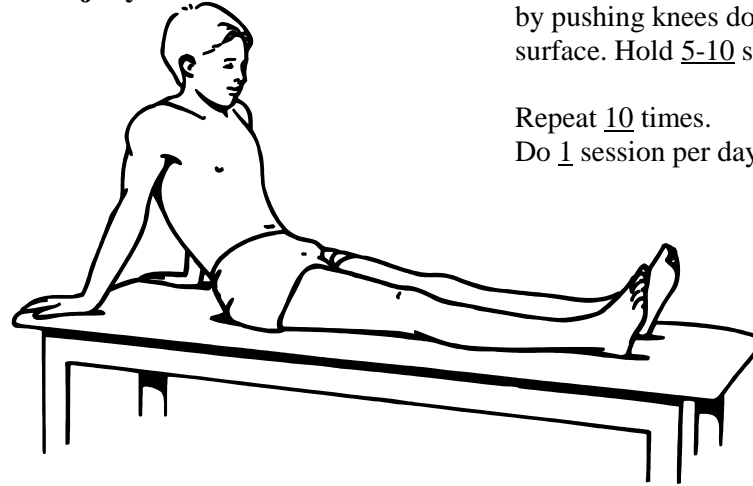


HIP / KNEE - 11

Strengthening: Quadriceps Sets

Tighten muscles on top of thigh by pushing knees down into surface. Hold 5-10 seconds.

Repeat 10 times.  
Do 1 session per day.

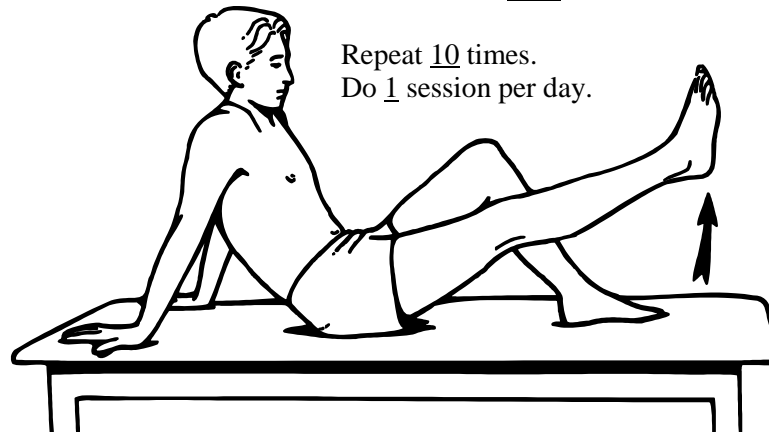


HIP / KNEE - 19

Strengthening: Straight Leg Raise, Phase III

Resting on hands, tighten muscle on front of thigh, then lift leg 8-10 inches from surface, keeping knee locked. Hold 5-10 seconds.

Repeat 10 times.  
Do 1 session per day.



Locations: Worcester – Gold Start Blv. 508-856-9510, 640 Lincoln St. 508-854-2426, Worcester Medical Center 508- 368-3143

■ Westboro 508-871-0789 ■ Leominster 978-840-1900 ■ Auburn 508-721-1101

**Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.**

Internet Access: [www.reliantmedicalgroup.org](http://www.reliantmedicalgroup.org) Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise Sheets

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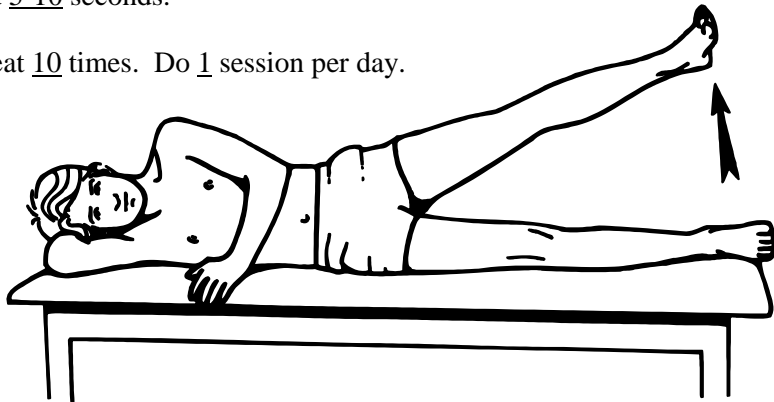
## Rehabilitation & Sports Medicine Knee Injury

HIP / KNEE - 21

Strengthening: Side-Lying Hip Abduction

Lying on side, tighten muscle on front of thigh, then lift leg 8-10 inches from surface. Hold 5-10 seconds.

Repeat 10 times. Do 1 session per day.

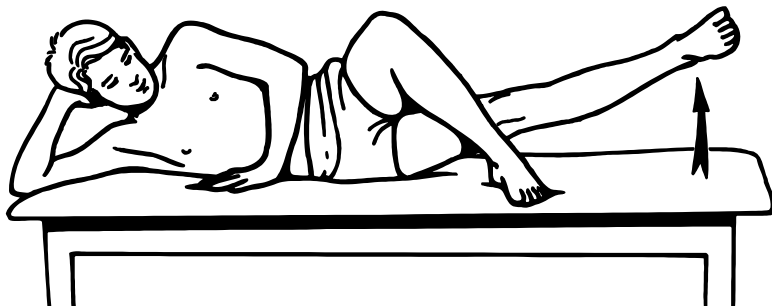


HIP / KNEE - 22

Strengthening: Side-Lying Hip Adduction

Lying on side, tighten muscle on front of thigh, then lift leg 8-10 inches from surface. Hold 5-10 seconds.

Repeat 10 times. Do 1 session per day.

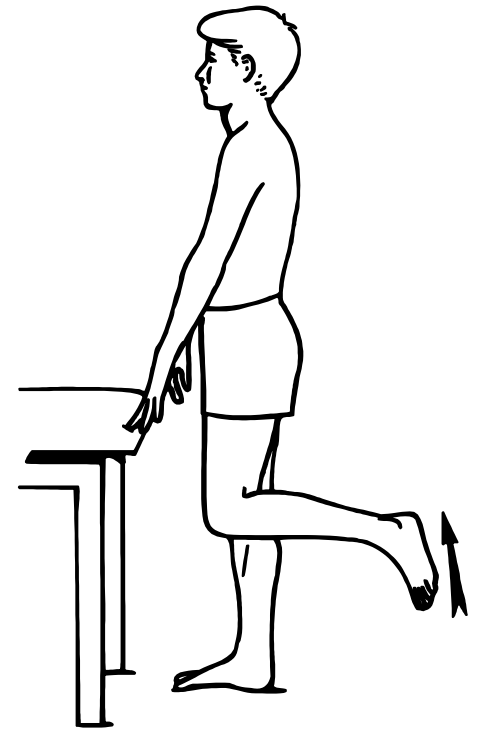


HIP / KNEE - 24

Strengthening: Standing  
Knee Flexion

Standing, bend knee  
as far as possible.  
Hold 5-10 seconds.

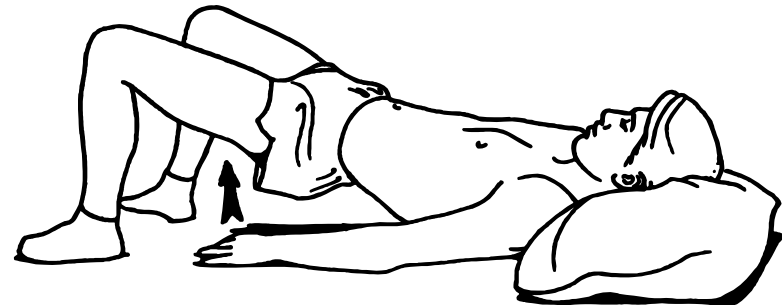
Repeat 10 times.  
Do 1 session per day.



TRUNK STABILITY - 9  
Bridging

Slowly raise buttocks from floor, keeping stomach tight.  
Hold 5-10 seconds.

Repeat 10 times. Do 1 session per day.



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