



Home Program for Acute Knee Injuries

1. Passive Extension

A)

- In long sitting, wrap ice pack on back of knee (to reduce muscle spasm).
- Place 2 rolled towels under the heel raising it approximately 2-3".
- Allow knee to relax down towards the bed for 5 minutes



B)

- If comfortable after 5 minutes replace rolled towels with a higher object (juice can on its side).
- Keep knee totally relaxed for 5 minutes.
- After a few days try placing a light weight (2-3lbs) on the front of the knee during part B.



2. Calf Stretch

A)

- In long sitting, fold a towel in half and wrap it around your foot.
- Keeping your muscles relaxed, use the towel to pull your foot back towards you until you feel stretch along the back of the knee and calf.
- Hold for 20 seconds.
- Relax for 10 seconds.
- Repeat 10 times.
- Rest 1-2 minutes and repeat again



3. Quadriceps Tightening

A)

- In long sitting, tighten the muscle in the uninjured thigh.
- Try to push the back of your knee down into the bed, while at the same time, lifting your heel off the bed.
- Hold for 5 seconds. Relax.
- Then repeat on injured side.
- Repeat 10 times alternating between knees.
- Rest 2-3 minutes and repeat



B)

- Same as previous exercise, but place 1 small rolled towel under each knee



- C)
- Same as previous exercise but place larger object under each knee (i.e Juice can on its side)

Warning: Do NOT do this exercise if you have injured your ACL (Anterior Cruciate ligament)



- D)
- Sitting on edge of bed with injured knee bent to 90°, lift leg up to approximately 45°.
 - Hold 5 seconds then lower for 2-3 seconds.
 - Repeat 10 times.
 - Rest 30 seconds & repeat.

Note: A small weight (3-5lbs) may be put on ankle to increase resistance if comfortable.



4. Straight Leg Raise

- A)
- Standing with back against wall, tighten muscles on the front of sore knee.
 - Lift entire leg away from wall (keeping knee locked) to approximately 30°.
 - Hold for 5 seconds and lower slowly.
 - Do 10 repetitions.
 - Rest 30 seconds and repeat



- B)
- Lying on your back bend your healthy knee. Tighten muscles on front of sore knee.
 - Lift entire leg to approximately 45°, keeping knee locked.
 - Hold for 5 seconds and lower slowly.
 - Do 10 repetitions.
 - Rest 30 seconds and repeat.

Note: A small ankle weight can be added if this becomes too easy.

Warning: Do NOT do this exercise if you have a history of back pain



5. Knee Flexion

- A)
- Sitting with your legs over the edge of a bed or a table, place the ankle of your good leg under the injured one.
 - Support the weight of the injured leg and gradually lower your feet towards the floor (i.e let the knee bend).
 - When the knee feels tight (as if it will bend no further) hold that position for 30 seconds.
 - To rest straighten the knee by lifting with the good leg.
 - Repeat this stretch for 5-7 minutes.



B)

- Lying on your back, slowly slide foot of injured knee down the wall until a good stretch is felt.
- Hold that position for 30 seconds.
- To take rest straighten the knee by lifting with the good leg.
- Repeat this stretch for 5-10 minutes.



Controlling Swelling

- As much as possible between exercise sessions your leg should be elevated on pillows so that your knee is higher than your heart.
- ICE should be applied as much as possible to the front of the knee
- ICE should be left on 10-15 minutes. Allow approximately 45-60 minutes between ICE applications