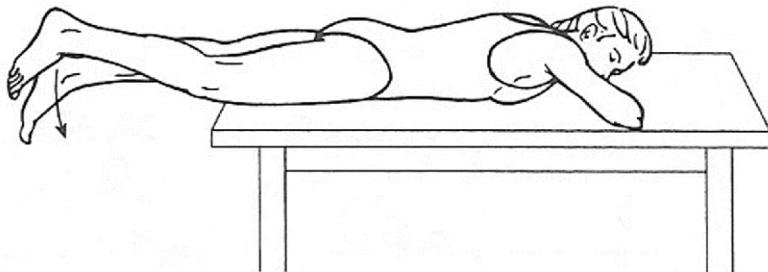


## KNEE: *Stretching Exercises*

This handout illustrates some **basic range of motion exercises** for the knee. They should be performed within your comfort zone unless otherwise instructed. These exercises should not cause pain. This handout and these exercises are only a general template and should be supplemented by the physical therapy program prescribed by your doctor.

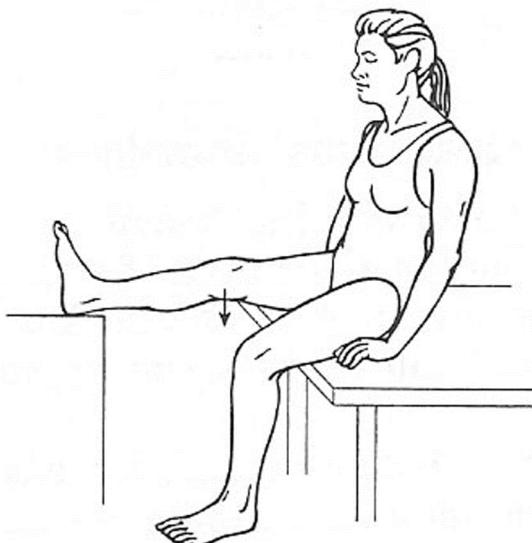
The exercises should be done two to three times a day and each stretch should be held for roughly ten seconds. In general, the knee should be brought through a comfortable range of motion using slow and deliberate motions. Usually lighter weights and more repetition is better for the overall health of the knee. If at any time you are uncertain about what to do, or you have new or increasing pain, please consult your physician or therapist.

### Extension



#### **Prone Knee Extension**

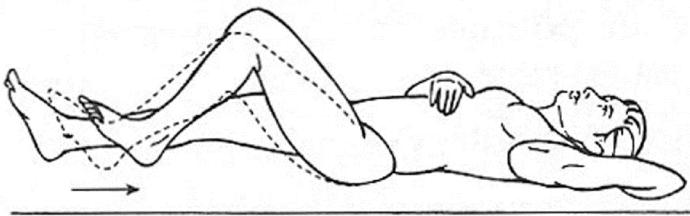
Lie on your stomach on a bed or table with your knee and leg off the end. Allow your foot to hang down and gravity to straighten your leg.



#### **Sitting Knee Extension**

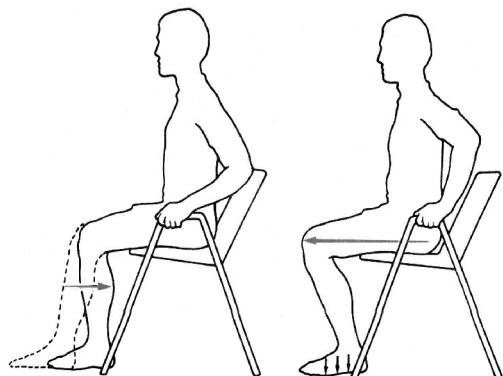
Sit with your leg propped up on another chair, table, footstool, or other object. Relax and let gravity straighten your knee. You may also apply a little downward pressure on your thigh to gain a few more degrees of extension.

## Flexion



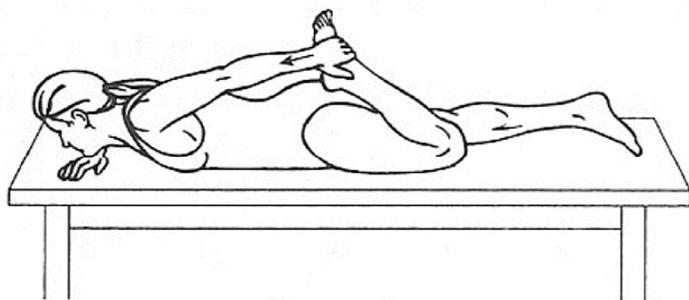
### Heel Slides

Lie on your back with your legs out straight. Slowly slide your heel to your buttocks. It is okay to use a towel to pull your heel in and gain more flexion.



### Seated Flexion

Sit in a chair and slide your foot along the floor as far back as you are able. Plant your foot on the floor and slide forward on the chair. Hold this position, then relax.



### Prone Knee Flexion

Lie on your stomach or your side. Bend your knee as far as possible, then grasp your foot and pull towards your buttock to gain more flexion. A towel can help if you are too tight to reach your foot. *This is a fairly advanced stretch, designed to gain the last bit of flexion, so no need to push too hard too early!*

### Exercise Bike

An exercise bike is also a great way to gain flexion. This requires about 100° of flexion, and should not be used before you have that. The bicycle should be set on low resistance. The seat can be lowered slowly as your flexion increases. *If the seat is too low, it can aggravate your kneecap, so be careful!*

