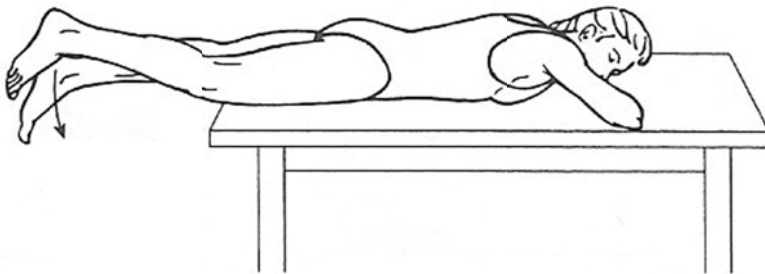


KNEE: *Stretching Exercises*

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