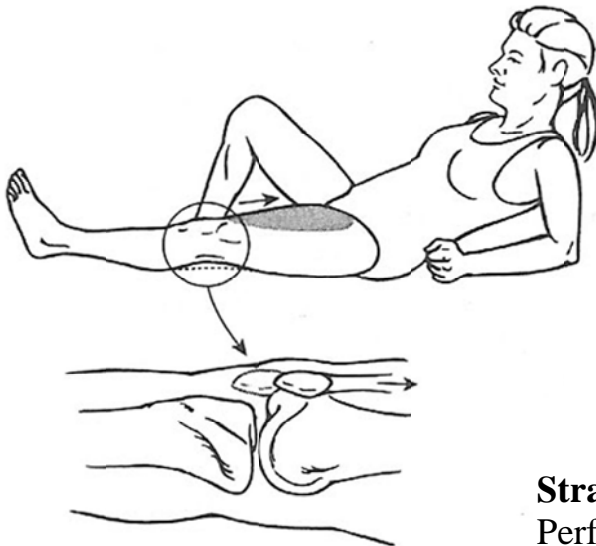


## KNEE:

### *Strengthening Exercises*

This handout illustrates some **strengthening exercises** for the knee. They should be performed within your comfort zone unless otherwise instructed. Similar to your stretching program, the strengthening exercises should not cause significant pain. Fatigue and some soreness after the work out are acceptable, but if you do have significant pain with these exercises, another period of rest and possibly a different course of treatment should be considered.

This handout and these exercises are only a general template and should be supplemented by the physical therapy program prescribed by your doctor. If at any time you are uncertain about what to do, or you have new or increasing pain, please consult your physician or physical therapist.

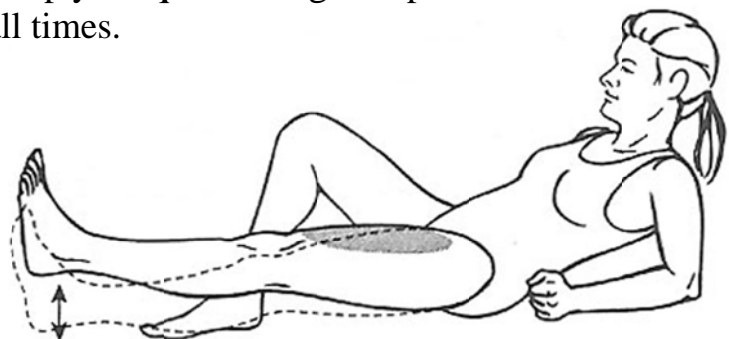


#### **Quad Sets**

Sit or lie with your leg straight. Slowly contract your quadriceps by trying to pull your kneecap towards you or by trying to push your knee down onto the bed or table.

#### **Straight Leg Raises**

Perform a quad set and then lift your whole leg 5-6 inches off of the surface. Keep your quads as tight as possible at all times.



*Both quad sets and straight leg raises are very safe for your knee. They should be done as soon as possible after injury or surgery to get your quadriceps function back.*