

Home Exercise Program for Knee Conditioning

- Before beginning the conditioning program, warm up the muscles by riding a stationary bicycle or jogging for 10 minutes.
- After the active warm-up and the strengthening exercises, stretching exercises should be performed to maintain or increase flexibility. When performing the stretching exercises, you should stretch slowly to the limit of motion, taking care to avoid pain.
- If you experience pain with exercising, call your doctor.
- The following exercise program is introductory only, and progression of this program will vary based on your specific injury, symptoms, and baseline level of fitness. For further progression of this routine, your physician may recommend evaluation and treatment by a physical therapist or other exercise professional.

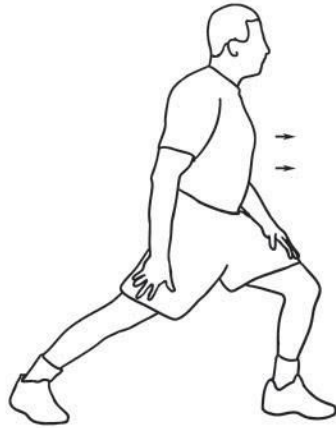
Strengthening and Stretching Exercises for the Knee

Exercise	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Strengthening				
Forward lunge	Quadriceps	Work up to 3 sets of 10 repetitions	3	6 to 8
Hamstring curl	Hamstrings	10 repetitions/3 sets	3	6 to 8
Side-lying hip abduction	Gluteus medius	6 to 8 repetitions, progressing to 12 repetitions	3	6 to 8
Hip extension (prone)	Gluteus maximus	6 to 8 repetitions, progressing to 12 repetitions	3	6 to 8
Straight leg raise	Quadriceps	6 to 8 repetitions, working up to 12 repetitions	3	6 to 8
Straight leg raise (prone)	Gluteus maximus	6 to 8 repetitions, working up to 12 repetitions	3	6 to 8
Wall slide	Quadriceps Hamstrings	Work up to 3 sets of 10 repetitions	3	6 to 8
Stretching				
Hamstring stretch	Hamstrings	3 to 6 repetitions/3 sets	Daily	6 to 8
Leg crossover	Hamstrings	3 to 6 repetitions/3 sets	Daily	6 to 8
Standing crossover	Hamstrings	3 to 6 repetitions/3 sets	Daily	6 to 8

Strengthening Exercises

Forward Lunge

- Stand up with the feet approximately 3 to 4 feet apart and with the forward foot pointing forward and the back foot angled to provide support.
- Lunge forward, bending the forward knee and keeping the back and the back leg straight. You should feel a slight stretch in the left groin area. Do not let the forward-lunging knee pass beyond the toes.
- Hold the stretch for 5 seconds.
- Repeat with the opposite leg.
- Work up to 3 sets of 10 repetitions, 3 days per week. Continue for 6 to 8 weeks.



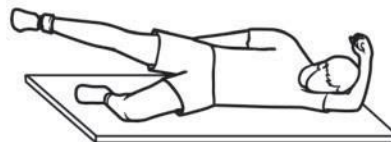
Hamstring Curl

- Stand on a flat surface with your weight evenly distributed over both feet. Hold on to the back of a chair or the wall for balance.
- Raise the heel of one leg toward the ceiling. Hold this position for 5 seconds and then relax.
- Perform 3 sets of 10 repetitions, 3 days per week. Continue for 6 to 8 weeks.



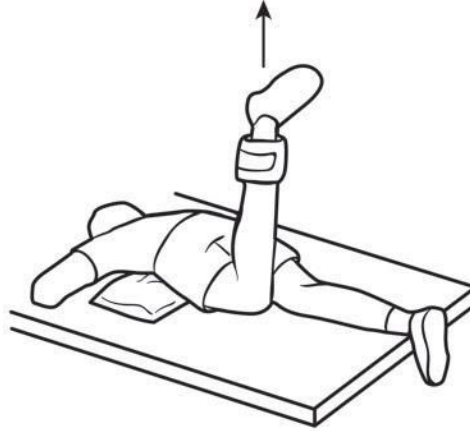
Side-Lying Hip Abduction

- Lie on your side, cradling your head in your arm. Bend the bottom leg for support.
- Slowly move the top leg up and back to 45°, keeping the knee straight. Hold this position for 5 seconds.
- Slowly lower the leg and relax it for 2 seconds.
- Ankle weights should be used, starting with a weight light enough to allow 6 to 8 repetitions, progressing to 12 repetitions. Then add weight and return to 6 to 8 repetitions.
- Repeat on the opposite leg.
- Perform the exercise 3 days per week. Continue for 6 to 8 weeks.



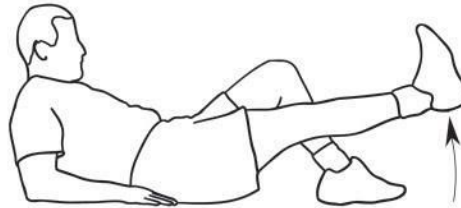
Hip Extension (Prone)

- Lie face down with a pillow under your hips and one knee bent 90°.
- Elevate the leg off the floor approximately 4 inches for a count of 5, lifting the leg straight up with the knee bent.
- Ankle weights should be used, starting with a weight light enough to allow 6 to 8 repetitions, working up to 12 repetitions. Then add weight and return to 6 to 8 repetitions.
- Repeat on the opposite leg.
- Perform the exercise 3 days per week. Continue for 6 to 8 weeks.



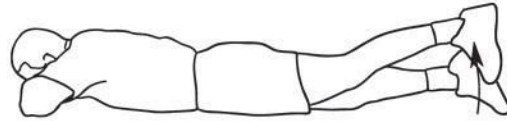
Straight Leg Raise

- Lie on the floor supporting your torso with your elbows as shown, with one leg straight and the other leg bent.
- Tighten the thigh muscle of the straight leg and slowly raise it 6 to 10 inches off the floor. Hold this position for 5 seconds. Repeat with the opposite leg.
- Ankle weights may be used, starting with a weight light enough to allow 6 to 8 repetitions, working up to 12 repetitions. Then add weight and return to 6 to 8 repetitions.
- Perform the exercise 3 days per week, for 6 to 8 weeks.



Straight Leg Raise (Prone)

- Lie on the floor on your stomach with your legs straight.
- Keeping the leg straight, tighten the hamstrings of one leg and raise the leg approximately 6 inches. Keep your stomach muscles tight and avoid arching the back.
- Repeat with the opposite leg.
- Ankle weights may be used, starting with a weight light enough to allow 6 to 8 repetitions, working up to 12 repetitions. Then add weight and return to 6 to 8 repetitions.
- Perform the exercise 3 days per week. Continue for 6 to 8 weeks.



Wall Slide

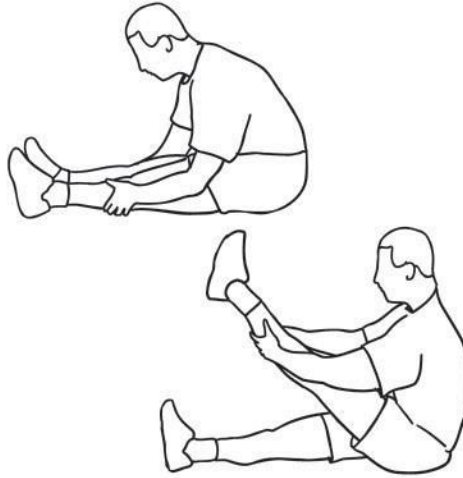
- Stand with your back against a wall and your feet approximately 1 foot from the wall.
- Tighten your stomach muscles so that your lower back is flat against the wall.
- Stop when your knees are bent 90°. The knees should not pass beyond the toes.
- Hold for 5 seconds and then return to the starting position. Work up to 3 sets of 10 repetitions.
- Perform the exercise 3 days per week, for 6 to 8 weeks.



Stretching Exercises

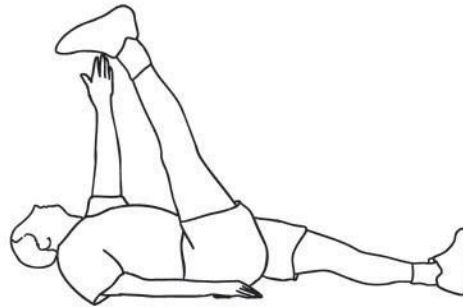
Hamstring Stretch

- Sit on the floor with your legs straight in front of you, and place your hands on the backs of your calves. For comfort, you may slightly bend the leg not being stretched.
- Slowly lift and pull one leg toward your ear, keeping your back straight. Hold the stretch for 5 seconds.
- Alternate from side to side.
- Repeat the exercise with each leg 3 to 6 times. Perform 3 sets per day for 6 to 8 weeks.



Leg Crossover

- Lie on the floor with your legs spread and your arms out to the sides.
- Bring your right toe to your left hand, keeping the leg straight.
- Hold the stretch for 5 seconds.
- Alternate from side to side.
- Repeat the exercise with each leg 3 to 6 times. For comfort, you may slightly bend the leg not being stretched. Perform 3 sets per day for 6 to 8 weeks.



Standing Crossover

- Stand with your legs crossed.
- Keeping your feet close together and your legs straight, slowly bend forward toward your toes.
- Hold the stretch for 5 seconds.
- Repeat with the opposite leg crossed in front for 3 to 6 repetitions. Perform 3 sets per day for 6 to 8 weeks.

