OHSU Dept. of Orthopaedics & Rehabilitation

Knee Exercises

Nels Carlson, MD

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| **Strengthening Quadriceps** | **Level One (1-2 weeks)**_DSC3302 | 1. Lie on your back.
2. Push back of knee into a rolled-up towel. Hold for 15 seconds and relax.
3. Repeat five times on each leg, twice per day.
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| **Strengthening Quadriceps** | **Level Two (1-2 weeks)**_DSC3304 | 1. Push back of knee into towel.
2. Left heel six inches off ground; hold for three seconds.
3. Repeat five times.
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| **Strengthening Quadriceps** | **Level Three (as needed)**_DSC3306_DSC3305 | 1. Push back of knee into towel.
2. Touch the opposite heel to front of foot.
3. Pull foot into opposite heel and lift leg six inches off the ground.
4. Hold for three seconds.
5. Repeat two or three times on each leg, twice per day.
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| **Hamstring Flexibility** | _DSC3300_DSC3301 | 1. Lie on back. Grasp hands behind thigh so your thigh is perpendicular to the ground.
2. Straighten calf up as much as possible. Hold for five seconds.
3. Repeat three to five times on each leg, twice per day.
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