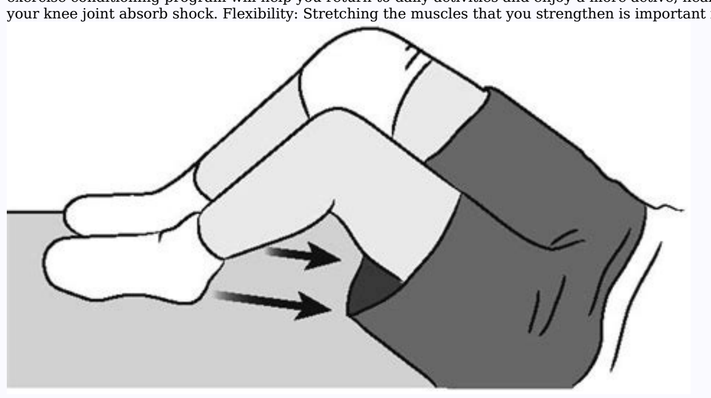


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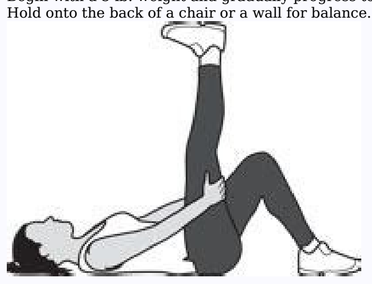
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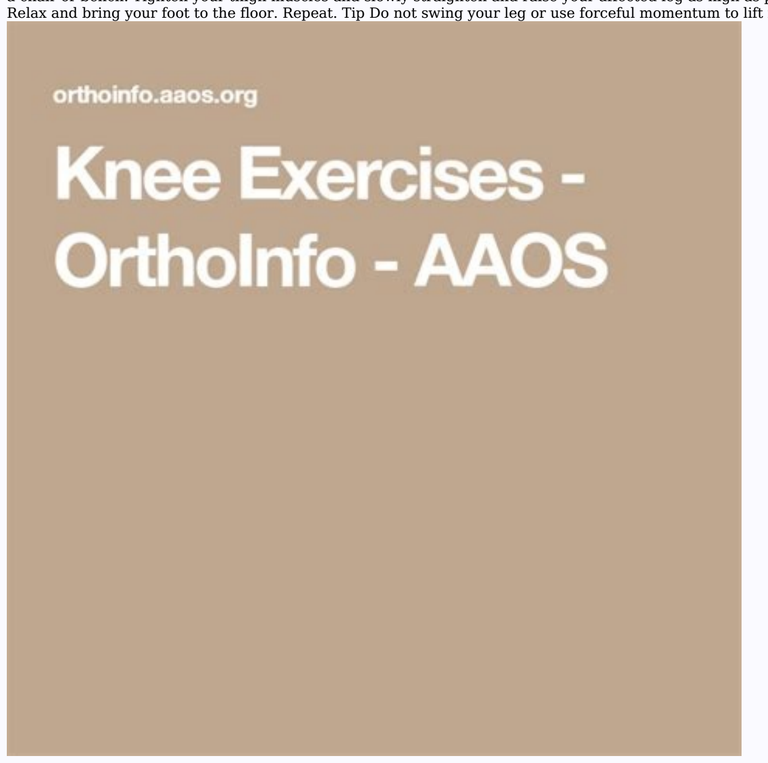
Print Email Knee Rehabilitation Exercises To ensure that this program is safe and effective for you, it should be performed under your doctor's supervision.
Talk to your doctor or physical therapist about which exercises will best help you meet your rehabilitation goals. After an injury or surgery, an exercise conditioning program will help you return to daily activities and enjoy a more active, healthy lifestyle. Following a well-structured conditioning program will also help you return to sports and other recreational activities. Click to view and download this handout. Knee Conditioning Program To ensure that this program is safe and effective for you, it should be performed under your doctor's supervision. Talk to your doctor or physical therapist about which exercises will best help you meet your rehabilitation goals. After an injury or surgery, an exercise conditioning program will help you return to daily activities and enjoy a more active, healthy lifestyle. Following a well-structured conditioning program will also help you return to sports and other recreational activities. Strength: Strengthening the muscles that support your knee will reduce stress on your knee joint. Strong muscles help your knee joint absorb shock. Flexibility: Stretching the muscles that you strengthen is important for restoring range of motion and preventing injury.



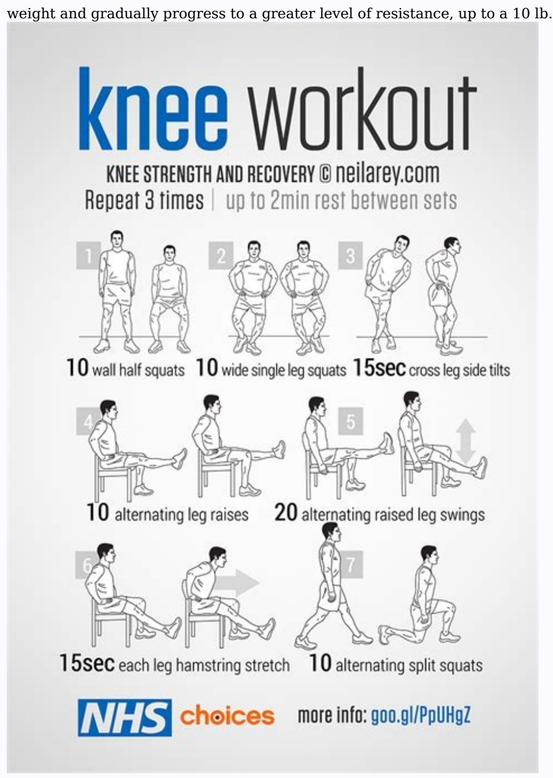
Gently stretching after strengthening exercises can help reduce muscle soreness and keep your muscles long and flexible. Target Muscles: The muscle groups targeted in this conditioning program include: Quadriceps (front of the thigh) Hamstrings (back of the thigh) Abductors (outer thigh) Adductors (inner thigh) Gluteus medius and gluteus maximus (buttocks) Length of program: This should be continued for 4 to 6 weeks, unless otherwise specified by your doctor or physical therapist. After your recovery, these exercises can be continued as a maintenance program for lifelong protection and health of your knees. Performing the exercises two to three days a week will maintain strength and range of motion in your knees. Related Articles Staying Active As You Age Warmup: Before doing the following exercises, warm up with 5 to 10 minutes of low impact activity, like walking or riding a stationary bicycle. Stretch: After the warm-up, do the stretching exercises shown on Page 1 before moving on to the strengthening exercises. When you have completed the strengthening exercises, repeat the stretching exercises to end the program. Do not ignore pain: You should not feel pain during an exercise. Talk to your doctor or physical therapist if you have any pain while exercising. Ask questions: If you are not sure how to do an exercise, or how often to do it, contact your doctor or physical therapist. Main muscles worked: Gastrocnemius-soleus complexYou should feel this stretch in your calf and into your heel Equipment needed: None Repetitions 2 sets of 4Days Per Week 6 to 7 Step-by-step directions Stand facing a wall with your unaffected leg forward with a slight bend at the knee. Your affected leg is straight and behind you, with the heel flat and the toes pointed in slightly. Keep both heels flat on the floor and press your hips forward toward the wall. Hold this stretch for 30 seconds and then relax for 30 seconds. Repeat. Tip Do not arch your back. Main muscles worked: QuadricepsYou should feel this stretch in the front of your thigh Equipment needed: None
Bend your knee and bring your heel up toward your buttock. singing for dummies cd download Grasp your ankle with your hand and gently pull your heel closer to your body. Hold this position for 30 to 60 seconds. Repeat with the opposite leg. Tip Do not arch or twist your back. Main muscles worked: HamstringsYou should feel this stretch at the back of your thigh and behind your knee Equipment needed: None Repetitions 2 to 3Days Per Week 4 to 5 Step-by-step directions Lie on the floor with both legs bent. Lift one leg off of the floor and bring the knee toward your chest. Clasp your hands behind your thigh below your knee. 12257287304.pdf Straighten your leg and then pull it gently toward your head, until you feel a stretch. (If you have difficulty clasping your hands behind your leg, loop a towel around your thigh. Grasp the ends of the towel and pull your leg toward you.) Hold this position for 30 to 60 seconds. 23761108766.pdf Repeat with the opposite leg. Tip Do not put your hands at your knee joint and pull. Main muscles worked: Quadriceps, gluteus, hamstringsYou should feel this exercise at the front and back of your thighs, and your buttocks Equipment needed: As the exercise becomes easier to perform, gradually increase the resistance by holding hand weights. Begin with 5 lb. weights and gradually progress to a greater level of resistance, up to 10 lb. weights. Repetitions 3 sets of 10Days Per Week 4 to 5 Step-by-step directions Stand with your feet shoulder distance apart. Your hands can rest on the front of your thighs or reach in front of you. If needed, hold on to the back of a chair or wall for balance. Keep your chest lifted and slowly lower your hips about 10 inches, as if you are sitting down into a chair. Plant your weight in your heels and hold the squat for 5 seconds. Push through your heels and bring your body back up to standing. Tip Do not bend forward at your waist. Main muscles worked: HamstringsYou should feel this exercise at the back of your thigh Equipment needed: As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight.
Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb. weight. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely. Repetitions 3 sets of 10Days Per Week 4 to 5 Step-by-step directions Hold onto the back of a chair or a wall for balance. Bend your affected knee and raise your heel toward the ceiling as far as possible without pain. Hold this position for 5 seconds and then relax.



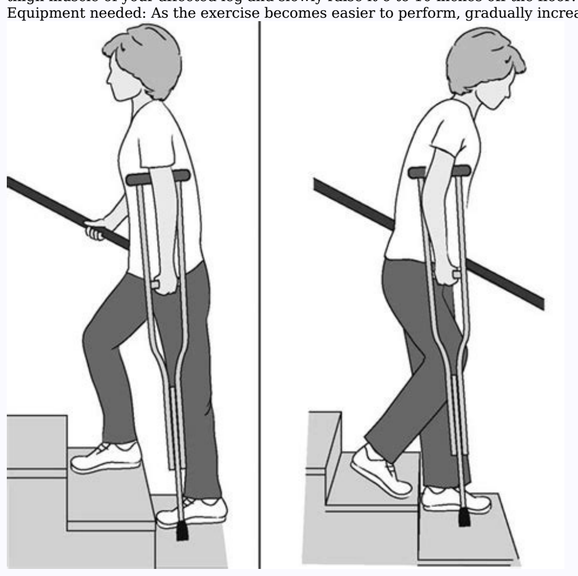
Repeat. cours de solfege debutant gratuit pdf Tip Flex your foot and keep your knees close together. Main muscles worked: Gastrocnemius-soleus complexYou should feel this exercise in your calf Equipment needed: Chair for support Repetitions 2 sets of 10Days Per Week 6 to 7 Step-by-step directions Stand with your weight evenly distributed over both feet. Hold onto the back of a chair or a wall for balance. Lift your unaffected foot off of the floor so that all of your weight is placed on your affected foot. Raise the heel of your affected foot as high as you can, then lower. Repeat 10 times. tavuduvasisixawefi.pdf Tip Keep your weight centered on the ball of your working foot. Main muscles worked: QuadricepsYou should feel this exercise at the front of your thigh Equipment needed: As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb.
weight and gradually progress to a greater level of resistance, up to a 10 lb. weight. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely. Repetitions 3 sets of 10Days Per Week 4 to 5 Step-by-step directions Sit up straight on a chair or bench. Tighten your thigh muscles and slowly straighten and raise your affected leg as high as possible. Squeeze your thigh muscles and hold this position for 5 seconds.
Relax and bring your foot to the floor. Repeat. Tip Do not swing your leg or use forceful momentum to lift it higher. Main muscles worked: QuadricepsYou should feel this exercise at the front of your thigh Equipment needed: As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb.



weight and gradually progress to a greater level of resistance, up to a 10 lb. upsc_prelims_2018_csat_question_paper_with_answers.pdf weight. If you have access to a fitness center, this exercise can also be performed on a weight machine.



A fitness assistant at your gym can instruct you on how to use the machines safely. Repetitions 3 sets of 10Days Per Week 4 to 5 Step-by-step directions Lie on the floor with your elbows directly under your shoulders to support your upper body. Keep your affected leg straight and bend your other leg so that your foot is flat on the floor. Tighten the thigh muscle of your affected leg and slowly raise it 6 to 10 inches off the floor. tarot card font Hold this position for 5 seconds and then relax and bring your leg to the floor. Repeat. Tip Do not tense up in your neck and shoulders. Main muscles worked: Hamstrings, gluteusYou should feel this exercise at the back of your thigh and into your buttock Equipment needed: As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb.



weight and gradually progress to a greater level of resistance, up to a 10 lb. weight. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely. Repetitions 3 sets of 10Days Per Week 4 to 5 Step-by-step directions Lie on the floor on

your stomach with your legs straight. Rest your head on your arms.
Tighten your gluteus and hamstring muscles of the affected leg and raise the leg toward the ceiling as high as you can. Hold this position for 5 seconds. barbarians at the gate pdf download Lower your leg and rest it for 2 seconds. Repeat. Tip Keep your pelvic bones on the floor. Main muscles worked: Abductors, gluteusYou should feel this exercise at your outer thigh and buttock Equipment needed: As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb. nigiretonofabijogupiwi.pdf weight. thermo_king_apu_weight_certificate.pdf Repetitions 3 sets of 20Days Per Week 4 to 5 Step-by-step directions Lie on your side with your injured leg on top and the bottom leg bent to provide support. 2020 manual shift sports cars Straighten your top leg and slowly raise it to 45°, keeping your knee straight, but not locked. Hold this position for 5 seconds. Slowly lower your leg and relax it for 2 seconds. Repeat. Tip Do not rotate your leg in an effort to raise it higher. Main muscles worked: AdductorsYou should feel this exercise at your inner thigh Equipment needed: As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb. weight. Repetitions 3 sets of 20Days Per Week 4 to 5 Step-by-step directions Lie down on the floor on the side of your injured leg with both legs straight.
Cross the uninjured leg in front of the injured leg.
Raise the injured leg 6 to 8 inches off the floor. Hold this position for 5 seconds. Lower your leg and rest for 2 seconds. patofisiologi pembesaran kelenjar getah bening pdf Repeat. Tip Place your hand on the floor in front of your stomach for support. Main muscles worked: Quadriceps, hamstringsYou should feel this exercise at the front of your hip, and the front and back of your thigh Equipment needed: This exercise is best performed using an elastic stretch band of comfortable resistance. As the exercise becomes easier to perform, gradually increase the level of resistance. Do not use ankle weights with this exercise. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely. Repetitions 3 sets of 10Days Per Week 4 to 5 Step-by-step directions Place the center of the elastic band at the arch of your foot and hold the ends in each hand. Lie on the floor with your elbows bent. Tighten the thigh muscle of your affected leg and bring your knee toward your chest. Flex your foot and slowly straighten your leg directly in front of you, pushing against the elastic band. Hold this position for 2 seconds. Relax and bring your leg to the floor. Repeat. Tip Keep your abdominals tight throughout the exercise. Artritis del hombro (Arthritis of the Shoulder) Atrapamiento del nervio cubital en el codo (síndrome del túnel cubital) (Ulnar Nerve Entrapment at the Elbow (Cubital Tunnel Syndrome)) Bursitis de cadera (Hip Bursitis) Codo de tenista (epicondilitis lateral) (Tennis Elbow (Lateral Epicondylitis)) Compresión del hombro/Tendinitis del manguito rotador (Shoulder Impingement/Rotator Cuff Tendinitis) Conceptos básicos de la columna (Spine Basics) Conmoción cerebral debido a una actividad deportiva (Sports Concussion) Contusión muscular (moretón) (Muscle Contusion (Bruise)) Dedo en gatillo (Trigger Finger) Desgarres del manguito rotador (Rotator Cuff Tears) Desgarros de los meniscus (Meniscus Tears) Desgarros SLAP (SLAP Tears) Dolor de hombro y problemas comunes del hombro (Shoulder Pain and Common Shoulder Problems) Dolor de rodilla anterior en adolescentes (Adolescent Anterior Knee Pain) El pie equino (Clubfoot) El síndrome de dolor patelofemoral (Patellofemoral Pain Syndrome) Escoliosis idiopática en niños y adolescentes (Idiopathic Scoliosis in Children and Adolescents) Esguinces, torceduras y otras lesiones de los tejidos blandos (Sprains, Strains and Other Soft-Tissue Injuries) Espondilosis cervical (osteoartritis de cuello) (Cervical Spondylosis) Estenosis de la columna lumbar (Lumbar Spinal Stenosis) Fascitis plantar y protuberancias óseas (Plantar Fasciitis and Bone Spurs) Fractura del escafoides de la muñeca (Scaphoid Fracture of the Wrist) Fracturas de la diáfisis femoral (ruptura del hueso del muslo) (Femur Shaft Fractures (Broken Thighbone)) Fracturas de los codos en los niños (Elbow Fractures in Children) Fracturas del antebrazo en los niños (Forearm Fractures in Children) Fracturas del cartílago de crecimiento (Growth Plate Fractures) Fracturas distales del radio (muñeca quebrada) (Distal Radius Fractures (Broken Wrist)) Hernia de disco en la columna lumbar (Herniated Disk in the Lower Back) Hombro congelado (Frozen Shoulder) Infecciones en los huesos, las articulaciones y los músculos en niños (Bone, Joint, and Muscle Infections in Children) Juanetes (Bunions) Lesiones del ligamento cruzado anterior (Anterior Cruciate Ligament (ACL) Injuries) Lesiones deportivas en la secundaria (High School Sports Injuries) Lumbalgia (Low Back Pain) Osteoartritis de cadera (Hip Osteoarthritis) Osteoartritis de rodilla (Knee Osteoarthritis) Osteoporosis (Introduction to Osteoporosis) Periostitis tibial (Shin Splints) Pie diabético (Charcot) (Diabetic Charcot Foot) Piernas arqueadas (Bowed Legs) Quiste de Baker (quiste poplíteo) (Baker’s Cyst (Popliteal Cyst)) Quiste ganglionar de la muñeca y la mano (Ganglion Cyst of the Wrist and Hand) Radiculopatía cervical (nervio pinzado) (Cervical Radiculopathy (Pinched Nerve) Síndrome de Dolor Regional Complejo (Distrofia Simpática Refleja) (Complex Regional Pain Syndrome) Síndrome del túnel carpiano (Carpal Tunnel Syndrome) Trombosis venosa profunda (Deep Vein Thrombosis)