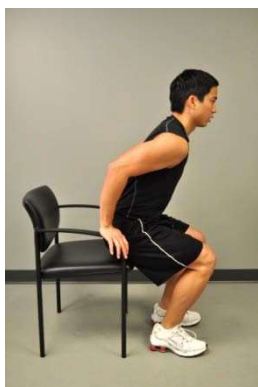




Knee Strengthening **PROTOCOL**

KNEE STRENGTHENING EXERCISES



Assisted Chair Squat

Standing in front of a chair
Slowly squat down while reaching for the arms of the chair
Continue until you feel the chair beneath your buttock
Slowly raise back up to a standing position

Frequency: 3 sets of 15 reps. Three times per week
Goal: Improve lower leg strength and balance



Chair Squat

Standing in front of a chair
Slowly squat down
Continue until you feel the chair beneath your buttock
Hold for 3 seconds and return to standing position

Frequency: 3 sets of 15 reps. Three times per week
Goal: Improve lower leg strength and balance



Step Ups

Stand in front of step with one leg on the step
Slowly rise up onto the step
Slowly lower down and repeat
Use a railing to assist with balance

Frequency: 3 sets of 15 reps. Three times per week
Goal: Improve lower leg strength and balance



Single Leg Half Squat

Stand on one leg, next to a stable object like a chair
Keep knee in line with the foot at all times
Slowly bend knee to 45 degrees and hold for 3 sec.
Return to starting position by pushing through the heel.
Work towards performing this exercise without assistance of a chair

Frequency: 3 sets of 15 reps. Three times per week
Goal: Improve lower leg strength and balance



Knee Strengthening **PROTOCOL**

KNEE STRENGTHENING EXERCISES



Wall Slides

Stand with feet 18in. in front of a wall
Feet should be shoulder width apart
Slowly lower to 45 degree of knee flexion
Patient can also squeeze a physioball between their knees.

Frequency: 3 sets of 45-60 sec. Three times per week
Goal: Improve quad and hip strength



Straight Leg Raise

Begin in a seated position, resting back on hands.
Flex quad muscles
Slowly raise leg up 24 inches and hold 5 sec.
Slowly lower down.

Frequency: 3 sets of 15 reps. 3 times per week.
Goal: Improved quadriceps strength.



Back Bridge

Lie down with knee bent
Slowly push heels into ground
Rise buttock until body is straight
Hold 3 sec and return to start position

Frequency: 3 sets of 15 reps. 3 times per week.
Goal: Improved quadriceps strength.



Chair Walks

Sit on an office chair with wheels on a hard surface
Holding onto the chair slowly extend leg
Pushing heel into the ground, pull body/chair forward
Continue with the other leg

Frequency: 3 sets of 15 reps. 3 times per week.
Goal: Improved quadriceps strength.