



Your Home Exercise Program Following Arthroscopic Knee Surgery

1. Towel Roll under the Heel

Purpose: To maintain and improve your knee extension range of motion.

Perform this exercise if you are having trouble getting your knee straight

- Lie on your back with your non-operated leg bent.
- Place a rolled up towel (approximately 4 - 6 inches in diameter) under the heel of your operated leg. (**Figure 1a**)
- Let your operated leg straighten as much as possible.
- Try to maintain this position for 3-5 minutes.
- Ice can also be applied during this exercise. (**Figure 1b**)



Figure 1a



Figure 1b

2. Isometric Quadriceps Strengthening (Quad Sets)

Purpose: To strengthen the quadriceps muscle.

- Lie on your back with your non-operated knee bent.
- Place a small towel roll underneath your operated knee. (**Figure 2**)
- Slowly tighten your thigh muscle (quadriceps) and push the back of your operated knee down into the towel roll.
- Hold this contraction for ____ seconds then slowly release.
- Rest for 10 seconds between each contraction.
- Perform ____ sets of ____ repetitions, ____ times daily.



Note: A towel roll is placed underneath the knee for this exercise only

Note: Do not hold your breath with any of these exercises.

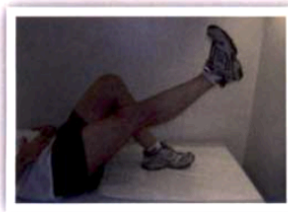
Figure 2



3. Straight Leg Raise

Purpose: To strengthen the quadriceps muscles.

- Lie on your back with your operated knee straight.
- Bend your non-operated knee as shown. Gently tighten your stomach muscles
- Gently tighten your thigh muscle (quadriceps) and slowly raise your operated leg to the level of the opposite knee. (**Figure 3**)
- Your leg should remain straight throughout this exercise.
- Perform _____ sets of _____ repetitions, _____ times daily.



Note: If you have pain/discomfort with this exercise, stop and then try again each day until you can perform this exercise correctly and pain free.

Figure 3

4. Seated Active Assisted Range of Motion Exercises Knee Flexion and Knee Extension

Purpose: To help improve motion and strengthen your knee

- Sit at the edge of the bed or a firm surface.
- Support your operated leg with your non-operated leg.
- Gently allow your operated leg to bend by supporting it and gently lowering it with assistance of the non-operated leg. (**Figure 4a**)
- Slowly remove your non-operated leg from behind your operated leg and let your operated leg dangle as tolerated.
- Now, actively bend your operated leg until you feel a stretch (**NO PAIN**) and hold for _____ seconds. (**Figure 4b**)
- Bend your operated leg with the assistance of the non-operated leg. (**Figure 4c**)
- Now extend your operated leg all the way back up, using the non-operated leg for assistance. (**Figure 4d**)
- Perform _____ sets of _____ repetitions, _____ times daily. Everyday

Red band indicates operated leg



Figure 4a



Figure 4b



Figure 4c



Figure 4d