

## Stretching

### Knee Extension Stretch (Chair)

Sets: 1 | Reps: 3 | Hold: 30-60 seconds | Frequency: 2x/day

#### Preparation:

- Sit with good posture, leg out in front

#### Execution:

- Apply pressure to the top of the knee towards the floor
- Allow knee to straighten



*Knee straightens with gentle pressure*

### Hamstrings Stretch (Active)

Sets: 3 | Reps: 10 | Frequency: 2x/day

#### Preparation:

- Lie flat on your back

#### Execution:

- Lift your leg up and straighten your knee as much as you can
- Position your hands on the sides and back of your knee to help support your leg



*Start Position*



*Straighten Knee*

### Heel Slides (Towel)

Sets: 3 | Reps: 10 | Frequency: 2x/day

#### Preparation:

- Lay on back with knee straight
- Put a towel under your foot as shown

#### Execution:

- Gently pull towel to bend your knee towards your buttock
- Keep your heel in contact with the surface
- Straighten your knee to return to the start



*Heel on towel*



*Gently pull towel to bend knee*

## Knee Strength

### Knee Extension Concentric - End Range (Band+Chair)

Sets: 3 | Reps: 10 | Frequency: 4 days/week

#### Preparation:

- Loop band behind your knee slightly above the knee joint as shown
- Attach band to chair or door
- Stand with good posture, knee slightly bent



*Knee slightly bent*



*Straighten knee*

#### Execution:

- Straighten your knee as much as you can, pushing your bodyweight through your leg
- Relax your knee, returning to the start position

## Bridge | Arms at Chest

Sets: 3 | Reps: 10 | Frequency: 4 days/week

#### Preparation:

- Lie flat on your back with your arm across your chest
- Bend knees up so that your feet are flat



*Start Position*



*Lift hips up*

#### Execution:

- Lift your hips up in the air to make a bridge
- Lower down in a controlled manner

## Straight Leg Raise - Mid Range

Sets: 3 | Reps: 10 | Frequency: 4 days/week

#### Preparation:

- Lay on your back, propped up on your elbows
- Bend your uninvolved knee to 90 degrees, foot flat on the ground



*Prop up on elbows*



*Lift leg, knee straight*

#### Execution:

- Keeping your knee straight, lift your foot about 10 inches off the ground
- Gently lower your foot back to the ground

## Step Down Touch-Support

Sets: 3 | Reps: 10 | Frequency: 4 days/week

### Preparation:

- Stand on a step or box.
- Raise leg slightly in front as if preparing to take a step down. Point heel, not toes.

### Execution:

- Lower your leg down as far as your can while maintaining control.
- Touch heel on floor.

### Note:

- Your knees must stay aligned with your toes at all times.
- Place one finger on a pole / stick for balance.



*Stand on box - Raise leg out front*



*Tap heel - Maintain control*

## Sit ⇒ Stand

Sets: 3 | Reps: 10 | Frequency: 4 days/week

### Preparation:

- Scoot forward on chair

### Execution:

- Incline trunk slightly forwards
- Knees over toes
- Rise up to standing



*Start*



*Scoot forward, lean forward*



*Rise, knees over toes*



*Stand*

## Cycling

### Bike Pendulums

#### Execution:

- Start with the seat high
- Perform 1/2 circles forward and backwards

#### Progression:

- Lower seat and move towards full circles

