

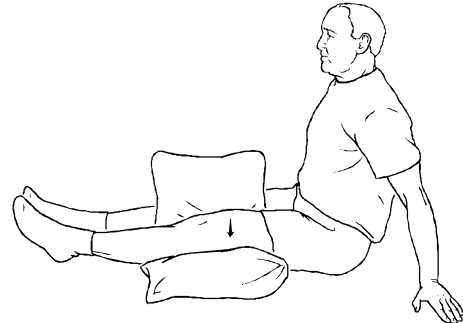


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Important Note: These are some general simple exercises.  
They are not specific to any diagnosis

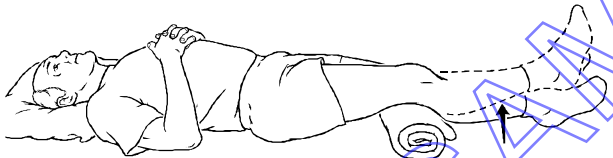
KNEE - 14 Pillow Squeeze (VMO)



Place one pillow under and one between knees. Squeeze knees together while straightening them by pushing down into pillow. Hold 2-3 seconds.

Repeat 10-15 times. Do 4-5 sessions per day.

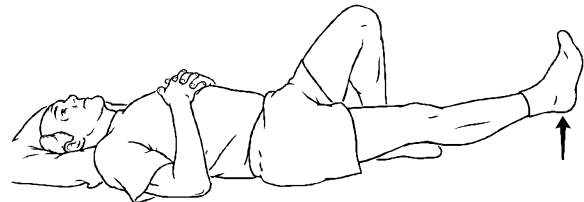
KNEE - 1 Terminal Knee Extension



Lying on back with rolled towel (about 6 inches wide) under knee, slowly straighten knee to fully extended position. Hold 1-2 seconds, then relax. Repeat with other knee.

Repeat 10-15 times. Do 4-5 sessions per day.

KNEE - 6 Straight Leg Raise



Bend one leg. Raise other leg 4-5 inches with knee locked. Exhale and tighten thigh muscles while raising leg. Repeat with other leg.

Repeat 10 times. Do 4-5 sessions per day.

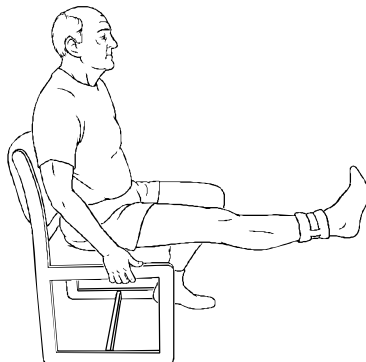
STRENGTH BUILDING - 7 Lower Body: Knee Lift

Sit with back supported. Straighten leg with 1-2 lb weight on it. Slowly bend knee to return. Breathe normally.

Do this 10-15 times.

Repeat with other leg.

Repeat 3-4 times.  
Do 3-4 sessions per day.



KNEE CARE TIPS

DO:

- sleep with pillow between knees when on your side
- bend knee as often as possible to reduce stiffness
- put ice pack on swollen knee for about 10 minutes
- take pain medication before beginning to exercise

DONT:

- place pressure on knee if it hurts  
Avoid kneeling
- continue any activity if it causes pain  
Stop and rest  
Continue ONLY if pain subsides
- climb stairs if it causes knee pain