BaylorScott&White
ORTHOPEDIC ASSOCIATES OF DALLAS
A member of HealthTexas Provider Network

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General Knee Conditioning

HOME EXERCISE PROGRAM

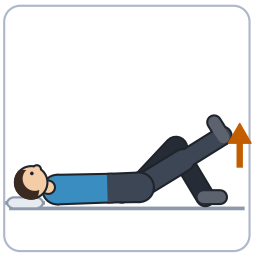
Strong thigh, hip and calf muscles absorb force and protect the knee. This program builds strength, balance and control for daily life, sports, and getting back to activity after a minor knee problem. It also helps lower the risk of future knee injuries.

How to do this program

- Pain rule: mild discomfort up to 3 out of 10 during exercise is okay if it settles by the next morning. Stop any exercise that causes sharp pain.
- Move slowly and with control. Breathe normally; do not hold your breath.
- Do the program 3 days a week with a rest day in between. Warm up first with 5-10 minutes of walking or cycling.
- Start with Level 1. Move to Level 2 when Level 1 feels easy with good form (usually 2-3 weeks). Keep the knee in line with your second toe.

Level 1 · Foundation (weeks 0-3)

Build basic strength in the thigh, hip and hamstrings.



1. Straight-Leg Raise

Bend the other knee. Tighten the thigh of the straight leg first, then lift it to the height of the other knee. Lower slowly.

Make it harder: *Add a 1-3 lb ankle weight.*

3 sets of 10 · once a day



2. Bridge

Lie with knees bent and feet flat. Squeeze your buttocks and lift your hips until your body is in a straight line. Hold 3 seconds.

Make it harder: *Lift one foot off the floor (single-leg bridge).*

3 sets of 10 · once a day



3. Clamshell

Lie on your side with knees bent. Keeping your feet together, lift the top knee, then lower slowly. Do both sides.

Make it harder: *Add a band around the thighs.*

3 sets of 12 · once a day



4. Standing Hamstring Curl

Hold a chair. Bend the knee to bring your heel toward your buttock, then lower slowly.

Make it harder: *Add a 1-3 lb ankle weight.*

3 sets of 12 · once a day

This program is a guideline. Your doctor or therapist may adjust it based on your condition and progress.
Call the office for fever, wound drainage, calf pain or swelling, or new numbness or tingling.

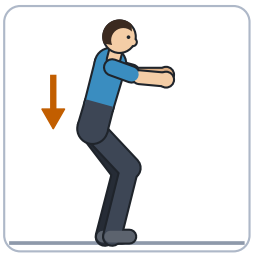
Questions: 469.800.7200
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Level 2 · Strength, balance and control (weeks 3-8, then ongoing)

Keep 2-3 Level 1 exercises as a warm-up and add these.



5. Mini Squat

Hold a counter if needed. Push your hips back and bend the knees partway, keeping the knees over your toes. Stand back up.

Make it harder: *Squat a little deeper, but not past 90°.*

3 sets of 10 · once a day



6. Split Squat

Stand with one foot forward and one back, holding a counter if needed. Lower straight down by bending both knees, keeping the front knee over the ankle. Push back up.

Make it harder: *Hold light weights in each hand.*

3 sets of 10 each leg · once a day

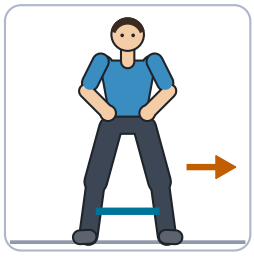


7. Step-Up

Step up onto a 6-8 inch step, then step down slowly. Keep the knee in line with your foot. Do both legs.

Make it harder: *Use a higher step or hold light weights.*

3 sets of 10 each leg · once a day



8. Side Band Walk

Loop band just above the knees. Bend the knees slightly and take 10 small steps to the side, then 10 back, toes forward.

Make it harder: *Use a stronger band, or move it down to the ankles.*

3 rounds each way · once a day

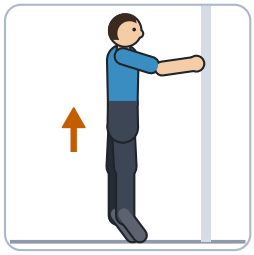


9. Single-Leg Balance

Stand on one leg with the knee slightly bent, next to a counter for safety. Do both legs.

Make it harder: *Stand on a pillow, close your eyes, or toss a ball.*

Hold 30 sec · 3 reps each leg · once a day



10. Calf Raise

Stand holding a wall or counter. Rise up onto your toes, then lower slowly.

Make it harder: *Do it on one leg.*

3 sets of 15 · once a day

Everyday tips

- Increase only one thing at a time (reps, weight or how often) by about 10% a week.
- Aim for 150 minutes a week of low-impact cardio such as cycling, swimming or brisk walking.
- Athletes: use an injury-prevention warm-up with landing and cutting drills before practice.

Call the office if

- The knee swells, locks or gives way.
- Pain during exercise is sharp, or lasts more than 24 hours afterward.
- You notice new weakness or the knee feels unstable.