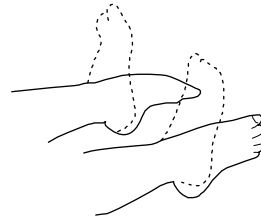


## Knee exercises

- Please do all of these exercises 3 times a day.
- Do each exercise 10 times.

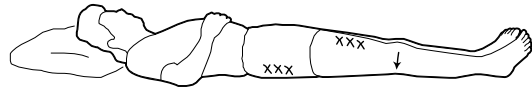
### Ankle pumping

- Move your ankles up and down.



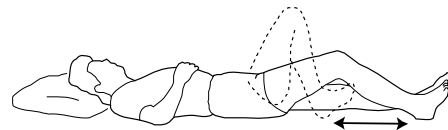
### Thighs and buttocks

- Keep your leg straight.
- Tighten the muscles on your upper thigh and buttocks.
- Hold for 5 seconds.



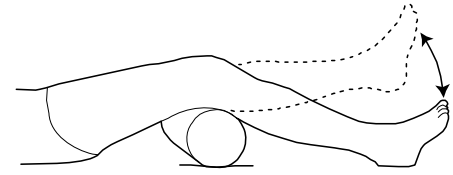
### Knee flexion

- Lie on your back.
- Bend your knee then straighten it.



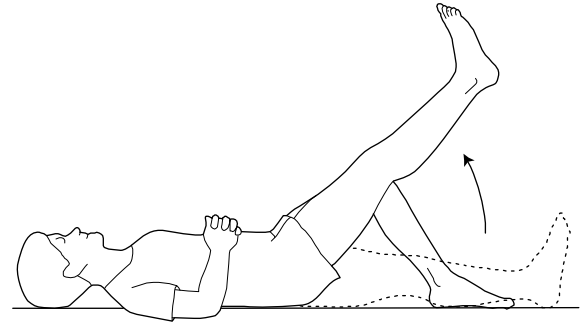
### Quads over a roll

- Place a roll under your knee.
- Lift your foot off of the bed and straighten your knee.
- Hold for 3 seconds, then relax.



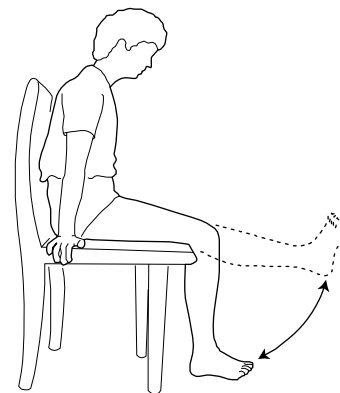
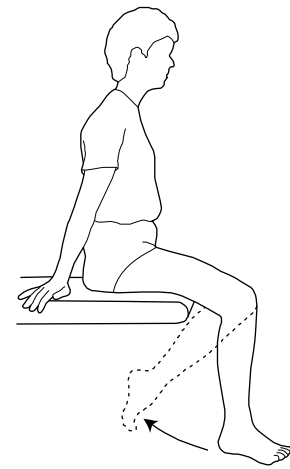
### Straight leg raise

- Keep leg straight.
- Lift your leg off of the bed.
- Hold for 5 seconds, then relax.

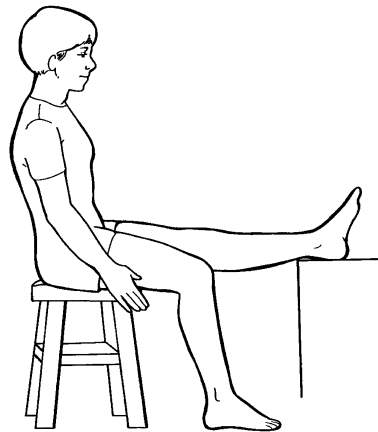


### Knee extension and flexion

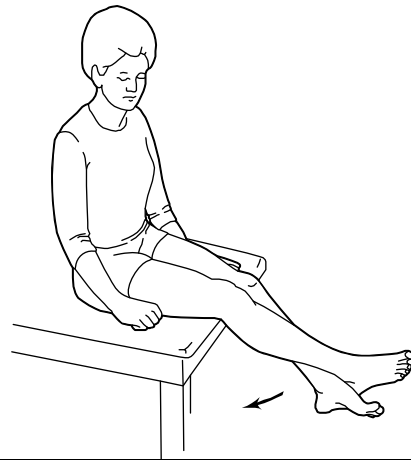
- When sitting, bend your knee and pull your foot under your chair, as far as you can, then
- Bring your foot forward as you straighten your knee.



- Sit with leg propped.
- Relax, letting the leg straighten.
- Hold for 5 seconds.



- Sit on the edge of a table or chair.
- Cross ankles as shown, with the stiff knee on the bottom.
- Press downward with the upper leg so that you feel a stretch.
- Hold for 5 seconds.





NIAGARA HEALTH SYSTEM  
SYSTÈME DE SANTÉ DE NIAGARA



Hamilton Health Sciences



Brant Community Health Services  
The Wilket, Paris  
The Brantford General

St. Joseph's  
Healthcare Hamilton



JOSEPH BRANT  
MEMORIAL HOSPITAL

This program is part of the Hamilton, Niagara, Haldimand and Brant Local Health Integration Network

<http://www.replacemyjoint.ca/>