



# COMPREHENSIVE SPINE CENTER

— OF DALLAS —

For more information, visit [WWW.DALLASSPINE.COM](http://WWW.DALLASSPINE.COM) (Physical Therapy Tab).

## KNEE EXERCISES A



### **QUAD STRETCH - STANDING**

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

Repeat 5 Times  
Complete 1 Set

Hold 10 Seconds  
Perform 2 Times a Day



### **SEATED HAMSTRING STRETCH**

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Repeat 5 Times  
Complete 1 Set

Hold 10 Seconds  
Perform 2 Times a Day

**HAMSTRING STRETCH - SUPINE**

While lying on your back, raise up your leg and hold the back of your knee. Pull the leg upwards until a stretch is felt. Hold, relax and repeat.

Repeat 3 Times

Complete 1 Set

Hold 12 Seconds

Perform 2 Times a Day

**QUAD SET - TOWEL UNDER KNEE - ISOMETRIC QUADS**

Place a small towel roll under your knee, tighten your top thigh muscle to press the back of your knee downward while pressing on the towel.

Repeat 12 Times

Complete 3 Sets

Hold 8 Seconds

Perform 2 Times a Day

**STRAIGHT LEG RAISE - SLR**

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Repeat 12 Times

Complete 3 Sets

Hold 8 Seconds

Perform 2 Times a Day



**HIP ABDUCTION - SIDELYING**

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.



The bottom leg can be bent to stabilize your body.

Repeat 12 Times

Hold 8 Seconds

Complete 3 Sets

Perform 2 Times a Day

**SIDELYING CLAMSHELL - CLAM SHELL**

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.



Do not let your pelvis roll back during the lifting movement.

Repeat 12 Times

Hold 8 Seconds

Complete 3 Sets

Perform 2 Times a Day

**HEEL SLIDES - SUPINE**

Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee.



Hold a gentle stretch in this position and then return to original position.



Repeat 12 Times

Hold 2 Seconds

Complete 2 Sets

Perform 2 Times a Day

### HIP ADDUCTION SQUEEZE - SUPINE

Place a rolled up towel, ball or pillow between your knees and press your knees together so that you squeeze the object firmly. Hold and then release and repeat.



Repeat 12 Times

Complete 3 Sets

Hold 10 Seconds

Perform 2 Times a Day

### PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time.



Repeat 10 Times

Complete 3 Sets

Hold 8 Seconds

Perform 2 Times a Day

### PRONE HAMSTRING CURLS

While lying face down, slowly bend your knee as you bring your foot towards your buttock.



Repeat 10 Times

Complete 3 Sets

Hold 3 Seconds

Perform 2 Times a Day