

ACUTE KNEE PROTOCOL

For instructional videos of this protocol, visit sportsrehab.ucsf.edu



Patella Mobilization

Begin in a long seated position on the floor or bed. With your leg relaxed, find your kneecap. Shift your kneecap to one side and hold for 3 seconds. Shift to the other side and hold again.

Frequency: 2 - 3 x 10 repetitions



Quadriceps (Quad) Contractions

Start in a long seated position on the floor or bed. Squeeze your quadriceps/thigh muscles and hold for 10 seconds before relaxing.

Frequency: 2 - 3 x 10 repetitions



Straight Leg Raises

Start by laying flat on your back. To stabilize yourself, bend the opposite knee. Point your toes up, contract your quadriceps, and lift your straight leg until your knees are even height. Hold for 3 seconds, then lower slowly.

Frequency: 2 - 3 x 10 repetitions



Extension Bridging

Start in a long seated position or lying down. Place a towel or pillow under the heel of the injured leg to lift your leg off the surface. Keep the leg in this position for the prescribed time.

Frequency: 2 - 3 x 10 repetitions

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Heel Slides

Start in a long seated position. Place a belt or towel around your heel. Gently pull your heel in towards your body so that your knee bends. Then, straighten your leg. Focus on slow and controlled movements.

Frequency: 2 - 3 x 10 repetitions



Short Sitting Passive Assisted Knee Flexion

Start in a seated position. Hook the affected leg behind the opposite leg and push the affected leg back into flexion. Hold and slowly release.

Frequency: 2 - 3 x 10 repetitions