**Limit Pain and Swelling**

- **P**: PROTECTION (Brace or Crutches) can add stability and decrease pain.
- **R**: REST (limit walking/activity) your knee when possible.
- **I**: ICE your knee as frequently as possible (20 minutes every 2-3 hours).
- **C**: COMPRESSION (ACE) wraps can help limit/manage your swelling.
- **E**: ELEVATE your knee above the level of your heart.

**Pain**: Take Tylenol (acetaminophen) for pain control.

**Applying Compression**: Start at your foot and wrap up above the knee. The wrap should be snug, but not too tight as to cause numbness of the toes.

**Extension Bridging**

Seated or lying on a table. Place towel under heel of injured leg. Keep knee in full extension and off of the ground. Gentle pressure can be applied to the thigh if needed.

**Frequency**: 10-15 min. Three times a day.

**Goal**: Restore and maintain full knee extension.

**Heel Slides**

Back against a wall, in a seated position. Bend your knee, sliding your heel toward your butt, on floor. Use towel to assist if necessary. Slow steady pace.

**Frequency**: 3 sets x 10 reps. Three times a day.

**Goal**: Restore and maintain full knee flexion.

**Patella Mobilization**

Sit on table or ground, keep knee in full extension. Move your kneecap from side to side. Hold kneecap to the inside for 5 sec, outside for 5 sec. Repeat ten times.

**Frequency**: 1 set. Three times a day.

**Goal**: Limit adhesions underneath the kneecap.

*Do not perform if you suffered a patellar dislocation.*
**Quad / Thigh Contractions**

Sit on table or ground, keep knee in full extension. Contract your quadriceps muscle (squeeze your thigh).
Hold 10 seconds. Relax.
Repeat TEN times.

**Frequency:** 1 set. Three times a day.

**Goal:** Increase strength of Quadriceps Muscle.

**Straight Leg Raises**

Sit on table or ground, keep knee in full extension. Contract your quadriceps muscle (squeeze your thigh).
Raise leg ≈ 24 in, Hold 2 sec,
Slowly lower to ground under control.
Relax Quad. Repeat TEN times.

**Frequency:** 1 set. Three times a day.

**Goal:** Increase strength of Quadriceps Muscle.

* Do not perform if you cannot fully straighten you knee.