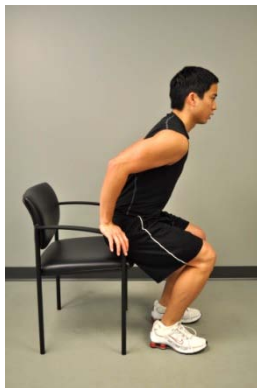




Knee Strengthening *PROTOCOL*

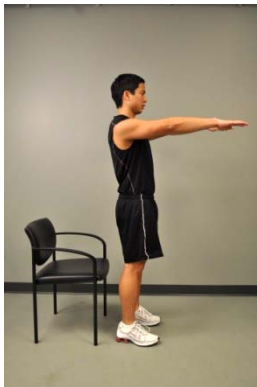
KNEE STRENGTHENING EXERCISES



Assisted Chair Squat

Standing in front of a chair
Slowly squat down while reaching for the arms of the chair
Continue until you feel the chair beneath your buttock
Slowly raise back up to a standing position

Frequency: 3 sets of 15 reps. Three times per week
Goal: *Improve lower leg strength and balance*



Chair Squat

Standing in front of a chair
Slowly squat down
Continue until you feel the chair beneath your buttock
Hold for 3 seconds and return to standing position

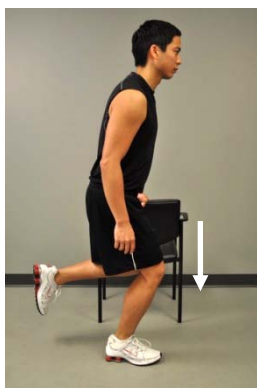
Frequency: 3 sets of 15 reps. Three times per week
Goal: *Improve lower leg strength and balance*



Step Ups

Stand in front of step with one leg on the step
Slowly rise up onto the step
Slowly lower down and repeat
Use a railing to assist with balance

Frequency: 3 sets of 15 reps. Three times per week
Goal: *Improve lower leg strength and balance*



Single Leg Half Squat

Stand on one leg, next to a stable object like a chair
Keep knee in line with the foot at all times
Slowly bend knee to 45 degrees and hold for 3 sec.
Return to starting position by pushing through the heel.
Work towards performing this exercise without assistance of a chair

Frequency: 3 sets of 15 reps. Three times per week
Goal: *Improve lower leg strength and balance*



Knee Strengthening *PROTOCOL*

KNEE STRENGTHENING EXERCISES



Wall Slides

Stand with feet 18in. in front of a wall
Feet should be shoulder width apart
Slowly lower to 45 degree of knee flexion
Patient can also squeeze a physioball between their knees.

Frequency: 3 sets of 45-60 sec. Three times per week
Goal: *Improve quad and hip strength*



Straight Leg Raise

Begin in a seated position, resting back on hands.
Flex quad muscles
Slowly raise leg up 24 inches and hold 5 sec.
Slowly lower down.

Frequency: 3 sets of 15 reps. 3 times per week.
Goal: *Improved quadriceps strength.*



Back Bridge

Lie down with knee bent
Slowly push heels into ground
Rise buttock until body is straight
Hold 3 sec and return to start position

Frequency: 3 sets of 15 reps. 3 times per week.
Goal: *Improved quadriceps strength.*



Chair Walks

Sit on an office chair with wheels on a hard surface
Holding onto the chair slowly extend leg
Pushing heel into the ground, pull body/chair forward
Continue with the other leg

Frequency: 3 sets of 15 reps. 3 times per week.
Goal: *Improved quadriceps strength.*