

# Knee Range of Motion/Strength

## Home Exercise Program

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### Treatment

Initial treatment for knee injuries includes the following easy to remember acronym, LUSKIN:



### Stretching

- 1. Straight Leg Stretch (Knee Extension)** - Lay down in a bed or on the floor on your back and place a towel or pillow under your ankle or heel and sit for 5 minutes allowing for gravity to straighten your knee. You may also place a small weight over the knee
- 2. Alternative Straight Leg Stretch (Knee Extension)** - Lie on and bed on your stomach with your foot hanging off the edge, with your kneecap just off the bed, let gravity allow your knee to straighten.
- 3. Bent Leg Stretch (Knee Flexion)** - Sit at the edge of a bed with your knees right at the edge, allow your knee to bend with gravity. Be sure to keep both hips on the bed. Hold for 3-5 minutes. You may also place a small ankle weight to assist or hook your other leg over the affected leg to gently push the knee bent.



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4. **Heel Slides (Knee Flexion)** - Lay down in a bed or on the floor on your back, drag your heel towards your buttocks on the bed/floor so your knee bends. Stop when you feel pain, a small stretch is normal, hold for 5 seconds, repeat 10 times. Do 3 sets of 10. You may also use a towel around the foot for extra leverage.



### Strengthening

5. **Quadriceps Sets** - Sit on the floor with your injured leg straight in front of you. Press the back of your knee down while tightening the muscles on the top of your thigh. Hold this position for 5 seconds. Complete 3 sets of 10.



6. **Straight Leg Raise** - Sit on the floor with the injured leg straight and the other leg bent, foot flat on the floor. Pull the toes of your injured leg toward you as far as you can, while pressing the back of your knee down and tightening the muscles on the top of your thigh. Raise your leg six to eight inches off the floor and hold for 5 seconds. Slowly lower it back to the floor. Complete 3 sets of 10.

