

Knee Pain Home Exercise Program



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Flexibility



Heel Slides: Slide your heel toward your bottom until you feel a comfortable stretch in the knee. This shouldn't caused increased pain but some pressure is ok. Hold for a slow count of 5 seconds. Return to the starting position. Complete 30 repetitions 3 times per day.

Activation



Quad Sets: Place a rolled up towel under your knee. Squeeze your thigh muscle and push the back of your knee into the towel. Hold 5 seconds. Complete 3 rounds of 10 repetitions 2-3 times per day. For more comfort bend the knee of the opposite leg. **THIS CAN BE DONE ON YOUR BED. IT DOES NOT HAVE TO BE DONE ON THE FLOOR.**



Straight Leg Raise: One knee is bent, one knee is straight. With the straight leg, do a quad set. While holding the thigh muscle tight, lift the leg straight off of the table. Not too high. Stay below the level of the bent knee. Slowly return to the bed. Keep the thigh muscle tight the whole time. You can have the towel under the knee in the start position for added comfort. Switch legs each 10. Do 3 sets. Complete 1-2 times per day. **THIS CAN BE DONE ON YOUR BED. IT DOES NOT HAVE TO BE DONE ON THE FLOOR.**

Stability



Side-lying Hip Abduction: Lay on your side, bottom leg bent, top leg straight with your toes pointed straight ahead. Lift the top leg up about 6 inches and slowly lower back down. Complete 3 sets of 12 repetitions 1 time per day. **THIS CAN BE DONE ON YOUR BED. IT DOES NOT HAVE TO BE DONE ON THE FLOOR.**



Sit to Stand: Sitting upright in a chair, keep your chest tall and lean forward so your head is out over your feet. As your hips leave the chair think about squeezing your buttocks muscles to get you out of the chair. Complete 3 sets of 10 repetitions 1-2 times per day.

To make this harder, push with your arms on your thighs, not on the arms of the chair. If you feel unsteady, continue to use the arms of the chair.