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Your Home Exercise Program Following Arthroscopic Knee Surgery

1. Towel Roll under the Heel

Purpose: To maintain and improve your knee extension range of motion.

Perform this exercise if you are having trouble getting your knee straight

Lie on your back with your non-operated leg bent.
Place a rolled up towel (approximately 4 - 6 inches in diameter) under the heel of your operated leg (**Figure 1a**).
Let your operated leg straighten as much as possible.
Try to maintain this position for 3 - 5 minutes.
Ice can also be applied during this exercise (**Figure 1b**).

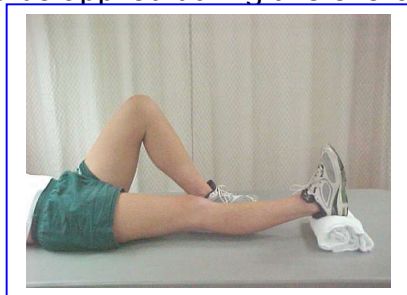


Figure 1a

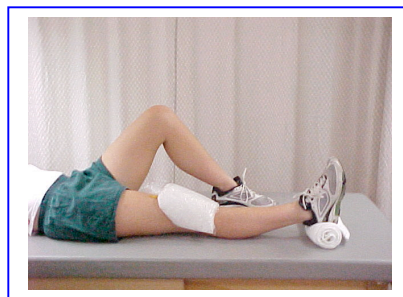


Figure 1b

2. Isometric Quadriceps Strengthening (Quad Sets)

Purpose: To strengthen the quadriceps muscle.

Lie on your back with your non-operated knee bent.
Place a small towel roll underneath your operated knee (**Figure 2**).
Slowly tighten your thigh muscle (quadriceps) and push the back of your operated knee down into the towel roll.
Hold this contraction for 5 seconds then slowly release.
Rest for 10 seconds between each contraction.
Perform 3 sets of 10 repetitions, 3 times daily.



Figure 2

Note: A towel roll is placed underneath the knee for this exercise only.

3. Straight Leg Raise

Purpose: To strengthen the quadriceps muscles.

Lie on your back with your operated knee straight.
Bend your non-operated knee as shown. Gently tighten your stomach muscles
Gently tighten your thigh muscle (quadriceps) and slowly raise your operated leg to the level of the opposite knee (**Figure 3**).
Your leg should remain straight throughout this exercise.
Perform 3 sets of 10 repetitions, 3 times daily.

Note: If you have pain/discomfort with this exercise, stop and then try again each day until you can perform this exercise correctly and pain free.



Figure 3

4. Seated Active Assisted Range of Motion Exercises Knee Flexion and Knee Extension

Purpose: To help improve motion and strengthen your knee.

Sit at the edge of the bed or a firm surface.
Support your operated leg with your non-operated leg.
Gently allow your operated leg to bend by supporting it and gently lowering it with assistance of the non-operated leg. (**Figure 4a**)
Slowly remove your non-operated leg from behind your operated leg and let your operated leg dangle as tolerated.
Now, actively bend your operated leg until you feel a stretch (**NO PAIN**) and hold for 5 seconds. (**Figure 4b**)
Now take your non-operated leg and place it in front of your operated leg.
Bend your operated leg with the assistance of the non-operated leg. (**Figure 4c**)
Now extend your operated leg all the way back up, using the non-operated leg for assistance. (**Figure 4d**)
Perform 3 sets of 5 repetitions, 3 times daily. Everyday

Red band indicates operated leg



Figure 4a



Figure 4b



Figure 4c



Figure 4d