



STRENGTHENING DRILLS

Step Ups



While standing on flat surface, bend **affected** leg until opposite leg's heel touches ground (**for safety, use a table or chair for support**).

Advanced Method: While standing on a stair step or stool (use hand rail or wall to support), with **affected** leg (opposite leg hanging over edge) bend knee and lower body as far as comfortable and as low as possible. Keeping pelvis level, straighten knee.

Do 3 sets of 10 repetitions

2 times a day

Perform same drill with other leg.

Leg Lifts



While seated flex **unaffected** knee in towards body; keeping **affected** leg straight; lift affected heel off floor to 18" and no lower than 1" from floor.

Do 3 sets of 10

2 times per day

(No weight)

Quad Sets



While seated place a washcloth behind affected knee; press washcloth against the floor with knee; hold contraction until mild fatigue.

Repeat throughout day (approximately 100 times per day)

All stretches should be done in a comfortable environment and in a relaxed atmosphere. Positions should be held for one minute on each leg and then repeated on the opposite leg.

Do not attempt these exercises without first being cleared by our physicians.

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