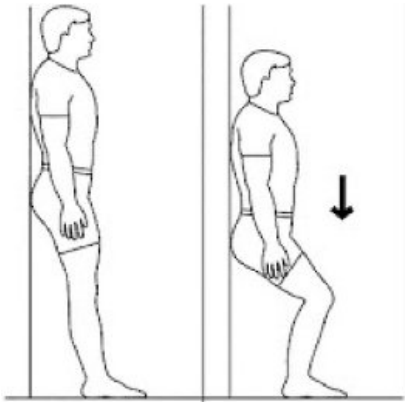
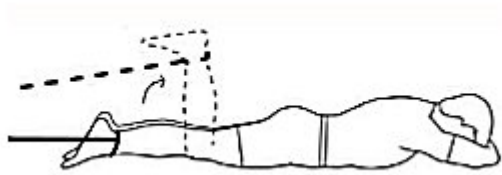


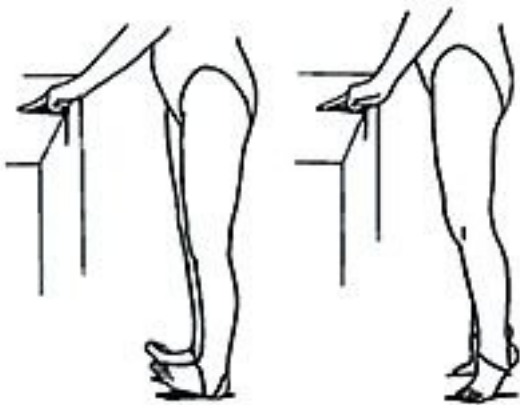
# Knee Strength Exercises



Using a wall, with your back flat against it, and your feet about 1 step from the wall, slowly lower yourself sliding down the wall. Then raise up again.



Using a theraband connected to your foot or ankle; with your affected leg fully extended, flex your knee towards your buttox. Then slowly lower leg again to floor.



Raise you toes off the floor and back down again.

Raise up on your toes and lower back down again.

Try on the affected leg only for advanced effort.

*Do Not Cause Pain.*

**HOLD:** 5 10 **REPS:** 5 10 **SETS:** 1 2 3

Ice After Exercises, and 20 Mins Every Hour

Name \_\_\_\_\_ Date \_\_\_\_\_ Dr. \_\_\_\_\_