

Geriatric Knee Exercises

Quad Set

Special Instructions

Do not hold breath.

- Sit with leg extended.
- Tighten quad muscle on front of leg, trying to push back of knee downward.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



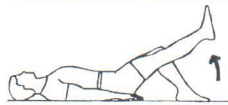
Ham Set

- Sit with leg extended.
- Without moving leg, tighten muscles on back of leg, trying to push heel down.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



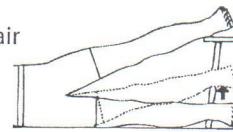
Straight Leg Raise

- Lie on back with uninvolved knee bent as shown.
- Raise straight leg to thigh level of bent leg.
- Return to starting position.
- Perform 3 sets of 30 repetitions, twice a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Inside Leg Raise on Stool

- Lie on involved side.
- Support uninvolved leg on chair as shown.
- Keep involved leg straight.
- Lift leg upward.
- Return to starting position.
- Perform 3 sets of 30 repetitions, twice a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

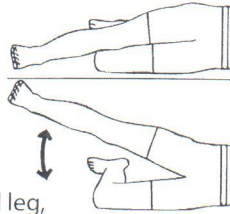


Side Leg Raise

Special Instructions

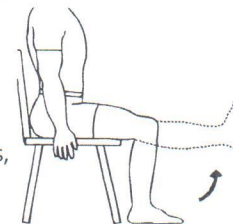
Do not roll trunk forward or backward.

- Lie on uninvolved side, with lower knee bent for stability.
- Keep knee straight on involved leg, lifting leg upward.
- Return to start position and repeat.
- Perform 3 sets of 30 repetitions, twice a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Long Arc

- Sit, with involved leg bent to 90 degrees, as shown.
- Straighten leg at knee.
- Return to start position.
- Perform 3 sets of 30 repetitions, twice a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Signature _____

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