



Family Care Plus Physical Therapy & Wellness
G-2037 S Center Rd, Ste A
Burton, Michigan 48519

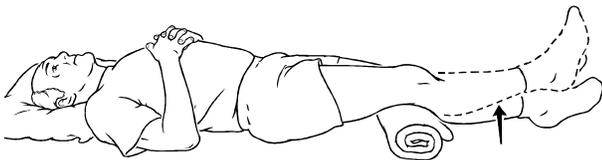
Hours: Monday through Friday, 8:00 AM till 6:00 PM
Phone: (810)743-7950

Visit us online at www.familycarepluspt.com and check exercise videos!

Also, join us on Facebook/Family Care Plus Physical Therapy & Wellness.

****Be patient and work as per the guidelines. It takes some time to see objective improvement. Feel free to ask questions if you have any concerns.

KNEE - 1 Terminal Knee Extension



Lying on back with rolled towel (about 6 inches wide) under knee, slowly straighten knee to fully extended position. Hold 1-2 seconds, then relax. Repeat with other knee.

Repeat 10-15 times. Do 4-5 sessions per day.

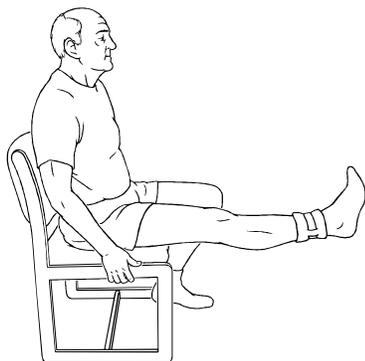
STRENGTH BUILDING - 7 Lower Body: Knee Lift

Sit with back supported. Straighten leg with 1-2 lb weight on it. Slowly bend knee to return. Breathe normally.

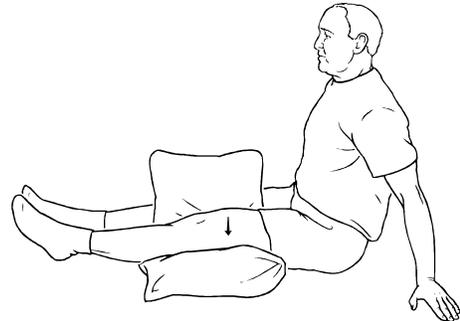
Do this 10-15 times.

Repeat with other leg.

Repeat 3-4 times.
Do 3-4 sessions per day.



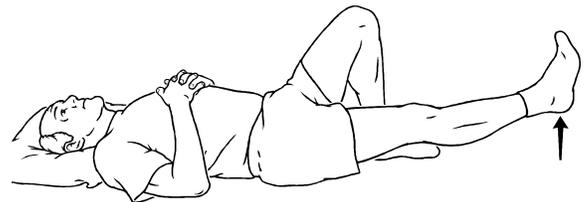
KNEE - 14 Pillow Squeeze (VMO)



Place one pillow under and one between knees. Squeeze knees together while straightening them by pushing down into pillow. Hold 2-3 seconds.

Repeat 10-15 times. Do 4-5 sessions per day.

KNEE - 6 Straight Leg Raise



Bend one leg. Raise other leg 4-5 inches with knee locked. Exhale and tighten thigh muscles while raising leg. Repeat with other leg.

Repeat 10 times. Do 4-5 sessions per day.

KNEE CARE TIPS

DO:

- sleep with pillow between knees when on your side
- bend knee as often as possible to reduce stiffness
- put ice pack on swollen knee for about 10 minutes
- take pain medication before beginning to exercise

DON'T:

- place pressure on knee if it hurts
Avoid kneeling
- continue any activity if it causes pain
Stop and rest
Continue ONLY if pain subsides
- climb stairs if it causes knee pain