

Knee Exercises

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The following exercises are designed to strengthen the muscles around the knee. They will also increase range of motion. Repeat the following exercises 1 to 6 times per day for each leg. To build athletic strength, use ankle weights.

Ankle / Knee Pumps and Circles

Lie on your back and straighten your leg. Bend your foot up and down at the ankle joint. Repeat 20 times.

Lie on your back and straighten your leg. Rotate your ankle in a clockwise direction and a counterclockwise direction. Repeat 20 times.

Lie on your back. Straighten your leg and lift it slightly. Circle it in the air 5x clockwise and 5x counter clockwise. Repeat 10 times.

Gluteal Sets

Stand upright. Tighten your buttock muscles, hold for a count of 5, and relax. Repeat 10 times.

Quad Sets

Lie on your back. With your leg out straight, tighten the muscle on top of your thigh by pushing the back of your knee down toward the floor. Hold it tight for a count of 3, relax. Repeat 10 times.

Hamstring Sets

Lie on your back. Bend your knee slightly, then dig your heel into the bed to feel the back of your thigh tighten. Hold this for a count of 3, relax. Repeat 10 times.

Stand upright. Bend your waist and touch your toes or as far as you can go without pain. Repeat 10 times.

Abductor Sets

Squeeze a pillow between your knees. Hold for a count of 3. Repeat 10 times.

Short Arc Quads

Lie on your back and place a firm rolled towel under your thigh. Lift your foot until your leg is straight. Hold for a count of 3, let your foot down slowly, relax. Repeat 10 times.

Flexion/Extension

Sit straight in a chair with one leg hanging off the side. Bend your leg back as a far as possible, then straighten. Do this slowly and hold it in for a count of 3. Repeat 10 times.

Stand about 1 foot from a solid support and lean against it with your arm for balance. Bend your leg up behind you and grasp it with the opposite hand. Gently pull your heel towards your body. Hold the stretch for a count of 3. Repeat 10 times.

Note For Skaters

Sit-ups are important to build abdominal and lower back muscles, which are needed for pelvic support.