Vivaan Clinic, Nashik

Knee Personal Exercise program



Move your ankles up/down Repeat 10 times.



Lying on your back with one leg straight. Ensure you have a good co-contraction. Lift your leg straight up from the bed, then lower slowly.

Repeat 10 times.



Lying on your back with legs straight. Bend your annkles and push your knees down firmly against the bed. Hold 5 secs. Repeat 10 times.

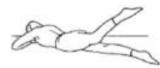


Lying on the unaffected side raise the leg up then slowly lower. Ensure you have a good cocontraction. Repeat 10 times.

Place a wedge or rolled towel under your knee. Push your heel into the bed, tightening the muscles at the back of the thigh. Hold 5 secs. Repeat 10 times.

Lying on the affected side, with the good leg crossed in front. Raise the affected leg up and then slowly lower. Ensure you have a good cocontraction. Repeat 10 times.

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Slide your heel towards your bottom, bending your knee. Repeat 10 times.

Lying face down raise your leg up off the bed. Ensure you have a good co-contraction. Repeat 10 times.