



Personal exercise program

Hospital for Special Surgery
 Hospital for Special Surgery
 535 East 70th Street, 10021, New York, New York, United States

Provided by HSS Rehab and LLCRS
 Provided for

LLCRS: Femur
 4/23/2012



Knee Flexion: Dangle

Sit in a chair or on the edge of your bed and let your operated leg just hang downwards with gravity. The operated leg can be supported by the opposite leg. The goal is right angle (90 degrees).

Perform _____ repetitions _____ times a day



Knee flexion Step 1:

Sit in a chair or on the edge of your bed



Knee Flexion Step 2:

Slide your _____ foot backwards as far as tolerated to allow for the bending of your knee. Use your good leg to assist your _____ leg further backwards for a greater stretch. Goal is right angle (90 degrees).

Then slowly return to the starting position.

You may want to put your foot on a towel to allow the foot to slide easier.

Perform _____ repetitions _____ times a day

**Knee Extension:**

Sitting in a chair or on your bed, slowly try to straighten out your _____ leg so your knee is fully straight and then return to the starting position.

You may use your _____ leg to assist your leg upwards if necessary.

Perform _____ repetitions _____ times a day

**Heel Slide Step 1:**

Start with your _____ leg straight on the bed

**Heel Slide Step 2:**

Slide your _____ heel back towards your buttocks. Then slide back to the starting position.

Be sure to control the entire movement smoothly.

Perform _____ repetitions _____ times a day

**Passive Knee Extension:**

Place a towel roll under your _____ ankle to allow your knee to become as straight as possible.

This is a good resting position and should be used throughout the course of the day.

**Prone Lying:**

Lie on your stomach _____ times a day for _____ minutes at a time.

This will allow for stretching of your hip flexors

Prone Knee Flexion:

Lying on your stomach, slowly bend your _____ knee as shown.

Perform _____ repetitions _____ times a day

SLR Step 1:

Gently squeeze your _____ knee down towards the bed.

SLR Step 2:

Keeping your knee straight, lift your _____ leg off the bed to a height of 12-18 inches.

Hold for _____ seconds.

Perform _____ repetitions _____ times a day.
