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## KNEE EXERCISES: STAGE-1

### Quad Sets

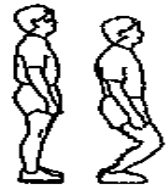
- Lie with your leg extended.
- Tighten your quad muscles, making your leg as straight as possible. You should feel this contraction in your mid-thigh and just above your knee.
- Hold for 5 seconds.
- Repeat 10 times.



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### Knee Bends

- Stand with feet approximately shoulder width apart.
- Slowly bend both knees as far as is comfortable, hold for 3 seconds, and slowly stand back up.
- Each time you should be able to bend a little further.
- Repeat 10 times.



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### Wall Slides

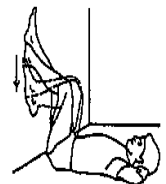
- Stand with your back on the wall, feet shoulder width apart, and arms to your side.
- Slowly slide down the wall as far as is comfortable, hold for 5 seconds, and slowly stand back up.
- Repeat 10 times.



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### Knee Flexion

- Lie on your back with your knees slightly bent and resting on a wall.
- Using your uninjured knee for support as shown, slowly let your injured leg slide down the wall causing it to bend.
- You may need to slide your body closer to the wall as you gain more knee movement.
- Repeat 10 times.



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- ***Perform all above exercises daily. For those that cause pain, discontinue and try again weekly. When/if they no longer hurt, add them to the routine.***
  - ***Dr. Gardner recommends icing for 20 minutes after you finish the exercises.***