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## KNEE EXERCISES: STAGE-2

### Hamstring Stretch (Lying)

- While lying on your back, bend the leg to be stretched and hold under your knee.
- Slowly extend your leg towards the ceiling. You should feel a stretch in the back of your leg. Hold for 10 seconds.
- Repeat 5 times.



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### Hamstring Stretch (Standing)

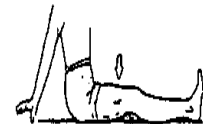
- Stand on one leg, with the leg to be stretched off the floor on a low table.
- Keeping knee straight, slowly reach for your toes and bend your opposite knee until a stretch is felt in your hamstring, hold for 10 seconds, return to starting position.
- Repeat 5 times.



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### Quad Sets

- While lying or standing with leg extended, tighten your quad muscles, making your leg as straight as possible. You should feel the contraction in your mid-thigh and just above your knee. Hold for 5 seconds.
- Repeat 20 times.



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### Wall Slides

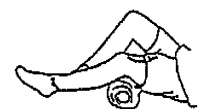
- Stand with your back on the wall, feet shoulder width apart, and arms to your side.
- Slowly slide down the wall as far as is comfortable, hold for 5 seconds, and slowly stand back up.
- Repeat 10 times.



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### Short-Arc Quads

- Place a towel roll under your injured knee, allowing it to bend slightly.
- Slowly extend your leg until it is straight and hold for 3 seconds, contracting your quad muscles as tight as possible. Slowly return to the starting position.
- 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.**