

## Exercise Prescription: Repeated Knee Flexion

### Purpose of Exercise:

This is a self-treatment for knee pain and stiffness and can be used as one of the exercises to prevent knee pain from recurring once you have achieved full recovery.

### Frequency:

3-4 times per day or about once every 3-4 hours.

### Starting Position:

Laying on your back with legs extended (1).

### Exercise Description:

Begin by performing an abdominal brace. From the starting position, flex the affected knee, bringing it towards you as far as possible/within the limits of pain (2). Once the knee is fully bent, apply extra pressure with your hands as shown (3).

Hold this position for 2-3 seconds, then raise straighten your knee back into the starting position. Repeat this movement 10-12 times per session.

Remember that some minor new pains are normal and expected but should decrease with each subsequent repetition. If the pain becomes worse with each repetition, discontinue the exercise.

### Pictures:



1



2



3