

Exercise Prescription: Repeated Knee Extension with Pressure

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:

Sit on the edge of a fixed chair with your spine in a neutral position. Partially extend your knee, keeping your toes extended toward your head and place your heel on a chair or on the ground as shown (1,3).

Exercise Description:

From the starting position, slowly straighten the affected knee, squeezing as firmly as possible with your quads. Placing your hands on your thigh, just above the knee, you may press firmly down to add pressure to the movement. Try to straighten the knee as much as possible, or if painful, to the edge of the pain (2,4).

Hold this position for 2-3 seconds, then return the knee back to 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



4