



## Knee Conditioning Program

### *Purpose of Program*

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After an injury or surgery, an exercise conditioning program will help you return to daily activities and enjoy a more active, healthy lifestyle. Following a well-structured conditioning program will also help you return to sports and other recreational activities.

This is a general conditioning program that provides a wide range of exercises. To ensure that the program is safe and effective for you, it should be performed under your doctor's supervision. Talk to your doctor or physical therapist about which exercises will best help you meet your rehabilitation goals.

**Strength:** Strengthening the muscles that support your knee will reduce stress on your knee joint. Strong muscles help your knee joint absorb shock.

**Flexibility:** Stretching the muscles that you strengthen is important for restoring range of motion and preventing injury. Gently stretching after strengthening exercises can help reduce muscle soreness and keep your muscles long and flexible.

**Target Muscles:** The muscle groups targeted in this conditioning program include:

- Quadriceps (front of the thigh)
- Hamstrings (back of the thigh)
- Abductors (outer thigh)
- Adductors (inner thigh)
- Gluteus medius and gluteus maximus (buttocks)

**Length of program:** This knee conditioning program should be continued for 4 to 6 weeks, unless otherwise specified by your doctor or physical therapist. After your recovery, these exercises can be continued as a maintenance program for lifelong protection and health of your knees. Performing the exercises two to three days a week will maintain strength and range of motion in your knees.

### *Getting Started*

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**Warmup:** Before doing the following exercises, warm up with 5 to 10 minutes of low impact activity, like walking or riding a stationary bicycle.

**Stretch:** After the warm-up, do the stretching exercises shown on Page 1 before moving on to the strengthening exercises. When you have completed the strengthening exercises, repeat the stretching exercises to end the program.

**Do not ignore pain:** You should not feel pain during an exercise. Talk to your doctor or physical therapist if you have any pain while exercising.

**Ask questions:** If you are not sure how to do an exercise, or how often to do it, contact your doctor or physical therapist.



## Knee Conditioning Program

### STRETCHING EXERCISES

#### 1. Heel Cord Stretch

**Repetitions**

2 sets of 4

**Days per week**

6 to 7

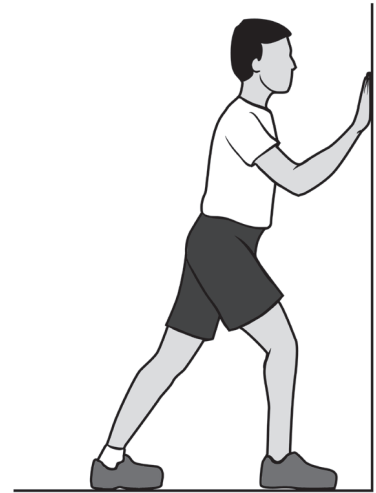
**Main muscles worked:** Gastrocnemius-soleus complex  
You should feel this stretch in your calf and into your heel

**Equipment needed:** None

**Step-by-step directions**

- Stand facing a wall with your unaffected leg forward with a slight bend at the knee. Your affected leg is straight and behind you, with the heel flat and the toes pointed in slightly.
- Keep both heels flat on the floor and press your hips forward toward the wall.
- Hold this stretch for 30 seconds and then relax for 30 seconds. Repeat.

**Tip** Do not arch your back.



#### 2. Standing Quadriceps Stretch

**Repetitions**

2 to 3

**Days per week**

4 to 5

**Main muscles worked:** Quadriceps  
You should feel this stretch in the front of your thigh

**Equipment needed:** None

**Step-by-step directions**

- Hold on to the back of a chair or a wall for balance.
- Bend your knee and bring your heel up toward your buttock.
- Grasp your ankle with your hand and gently pull your heel closer to your body.
- Hold this position for 30 to 60 seconds.
- Repeat with the opposite leg.

**Tip** Do not arch or twist your back.





## Knee Conditioning Program

### STRETCHING EXERCISES

#### 3. *Supine Hamstring Stretch*

**Repetitions**

2 to 3

**Days per week**

4 to 5

**Main muscles worked:** Hamstrings

You should feel this stretch at the back of your thigh and behind your knee

**Equipment needed:** None

#### Step-by-step directions

- Lie on the floor with both legs bent.
- Lift one leg off of the floor and bring the knee toward your chest. Clasp your hands behind your thigh below your knee.
- Straighten your leg and then pull it gently toward your head, until you feel a stretch. (If you have difficulty clasping your hands behind your leg, loop a towel around your thigh. Grasp the ends of the towel and pull your leg toward you.)
- Hold this position for 30 to 60 seconds.
- Repeat with the opposite leg.



**Tip** Do not put your hands at your knee joint and pull.



# Knee Conditioning Program

## STRENGTHENING EXERCISES

### 4. Half Squats

**Repetitions**

3 sets of 10

**Days per week**

4 to 5

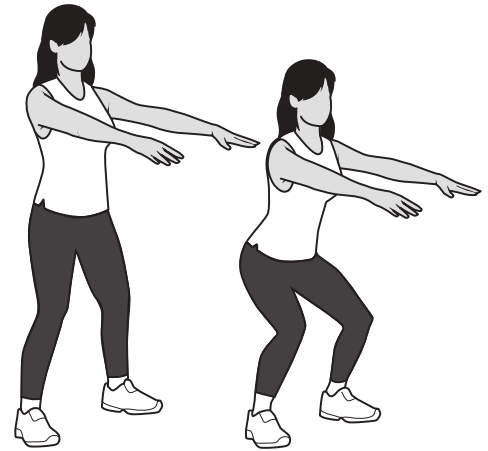
**Main muscles worked:** Quadriceps, gluteus, hamstrings

You should feel this exercise at the front and back of your thighs, and your buttocks

**Equipment needed:** As the exercise becomes easier to perform, gradually increase the resistance by holding hand weights. Begin with 5 lb. weights and gradually progress to a greater level of resistance, up to 10 lb. weights.

#### Step-by-step directions

- Stand with your feet shoulder distance apart. Your hands can rest on the front of your thighs or reach in front of you. If needed, hold on to the back of a chair or wall for balance.
- Keep your chest lifted and slowly lower your hips about 10 inches, as if you are sitting down into a chair.
- Plant your weight in your heels and hold the squat for 5 seconds.
- Push through your heels and bring your body back up to standing.



**Tip** Do not bend forward at your waist.

### 5. Hamstring Curls

**Repetitions**

3 sets of 10

**Days per week**

4 to 5

**Main muscles worked:** Hamstrings

You should feel this exercise at the back of your thigh

**Equipment needed:** As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb. weight. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

#### Step-by-step directions

- Hold onto the back of a chair or a wall for balance.
- Bend your affected knee and raise your heel toward the ceiling as far as possible without pain.
- Hold this position for 5 seconds and then relax. Repeat.



**Tip** Flex your foot and keep your knees close together.



## Knee Conditioning Program

### STRENGTHENING EXERCISES

#### 6. Calf Raises

**Repetitions**

2 sets of 10

**Days per week**

6 to 7

**Main muscles worked:** Gastrocnemius-soleus complex

You should feel this exercise in your calf

**Equipment needed:** Chair for support

**Step-by-step directions**

- Stand with your weight evenly distributed over both feet. Hold onto the back of a chair or a wall for balance.
- Lift your unaffected foot off of the floor so that all of your weight is placed on your affected foot.
- Raise the heel of your affected foot as high as you can, then lower.
- Repeat 10 times.



**Tip** Keep your weight centered on the ball of your working foot.

#### 7. Leg Extensions

**Repetitions**

3 sets of 10

**Days per week**

4 to 5

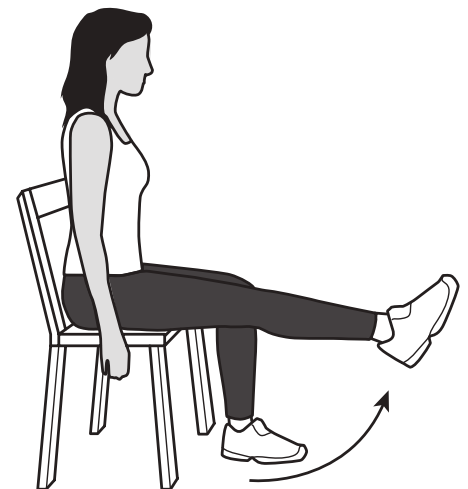
**Main muscles worked:** Quadriceps

You should feel this exercise at the front of your thigh

**Equipment needed:** As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb. weight. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

**Step-by-step directions**

- Sit up straight on a chair or bench.
- Tighten your thigh muscles and slowly straighten and raise your affected leg as high as possible.
- Squeeze your thigh muscles and hold this position for 5 seconds. Relax and bring your foot to the floor. Repeat.



**Tip** Do not swing your leg or use forceful momentum to lift it higher.



## Knee Conditioning Program

### STRENGTHENING EXERCISES

#### 8. Straight-Leg Raises

**Repetitions**

3 sets of 10

**Days per week**

4 to 5

**Main muscles worked:** Quadriceps

You should feel this exercise at the front of your thigh

**Equipment needed:** As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb. weight. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

#### Step-by-step directions

- Lie on the floor with your elbows directly under your shoulders to support your upper body.
- Keep your affected leg straight and bend your other leg so that your foot is flat on the floor.
- Tighten the thigh muscle of your affected leg and slowly raise it 6 to 10 inches off the floor.
- Hold this position for 5 seconds and then relax and bring your leg to the floor. Repeat.



**Tip** Do not tense up in your neck and shoulders.

#### 9. Straight-Leg Raises (Prone)

**Repetitions**

3 sets of 10

**Days per week**

4 to 5

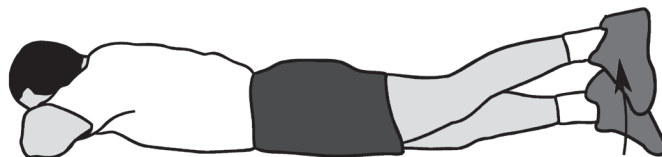
**Main muscles worked:** Hamstrings, gluteus

You should feel this exercise at the back of your thigh and into your buttock

**Equipment needed:** As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb. weight. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

#### Step-by-step directions

- Lie on the floor on your stomach with your legs straight. Rest your head on your arms.
- Tighten your gluteus and hamstring muscles of the affected leg and raise the leg toward the ceiling as high as you can.
- Hold this position for 5 seconds.
- Lower your leg and rest it for 2 seconds. Repeat.



**Tip** Keep your pelvic bones on the floor.



## Knee Conditioning Program

### STRENGTHENING EXERCISES

#### 10. Hip Abduction

**Repetitions**

3 sets of 20

**Days per week**

4 to 5

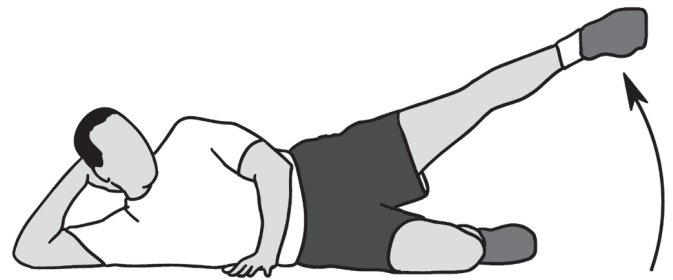
**Main muscles worked:** Abductors, gluteus

You should feel this exercise at your outer thigh and buttock

**Equipment needed:** As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb. weight.

**Step-by-step directions**

- Lie on your side with your injured leg on top and the bottom leg bent to provide support.
- Straighten your top leg and slowly raise it to 45°, keeping your knee straight, but not locked.
- Hold this position for 5 seconds.
- Slowly lower your leg and relax it for 2 seconds. Repeat.



**Tip** Do not rotate your leg in an effort to raise it higher.

#### 11. Hip Adduction

**Repetitions**

3 sets of 20

**Days per week**

4 to 5

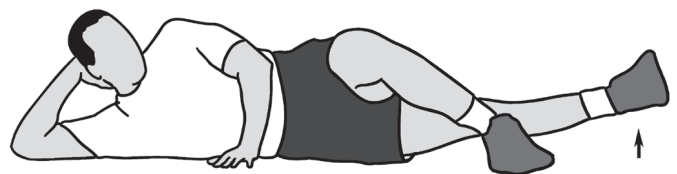
**Main muscles worked:** Adductors

You should feel this exercise at your inner thigh

**Equipment needed:** As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb. weight.

**Step-by-step directions**

- Lie down on the floor on the side of your injured leg with both legs straight.
- Cross the uninjured leg in front of the injured leg.
- Raise the injured leg 6 to 8 inches off the floor.
- Hold this position for 5 seconds.
- Lower your leg and rest for 2 seconds. Repeat.



**Tip** Place your hand on the floor in front of your stomach for support.



## Knee Conditioning Program

### STRENGTHENING EXERCISES

#### 12. Leg Presses

**Repetitions**

3 sets of 10

**Days per week**

4 to 5

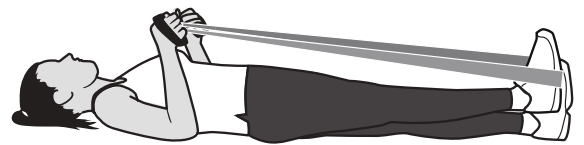
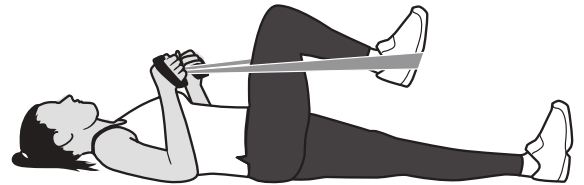
**Main muscles worked:** Quadriceps, hamstrings

You should feel this exercise at the front of your hip, and the front and back of your thigh

**Equipment needed:** This exercise is best performed using an elastic stretch band of comfortable resistance. As the exercise becomes easier to perform, gradually increase the level of resistance. Do not use ankle weights with this exercise. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

#### Step-by-step directions

- Place the center of the elastic band at the arch of your foot and hold the ends in each hand. Lie on the floor with your elbows bent.
- Tighten the thigh muscle of your affected leg and bring your knee toward your chest.
- Flex your foot and slowly straighten your leg directly in front of you, pushing against the elastic band.
- Hold this position for 2 seconds. Relax and bring your leg to the floor. Repeat.



**Tip** Keep your abdominals tight throughout the exercise.





## Knee Conditioning Program

### STRENGTHENING EXERCISES

#### 14. Scapular Retraction/Protraction

**Repetitions**

2 sets of 10

**Days per week**

3

**Main muscles worked:** Middle trapezius, serratus

You should feel this exercise in your upper back at your shoulder blade

**Equipment needed:** Begin with a weight that allows 2 sets of 8 to 10 repetitions and progress to 3 sets of 15 repetitions. As the exercise becomes easier, add weight in 1-pound increments to a maximum of 5 pounds. Each time you increase the weight, start again at 2 sets of 8 to 10 repetitions.

**Step-by-step directions**

- Lie on your stomach on a table or bed with your injured arm hanging over the side.
- Keep your elbow straight and lift the weight slowly by squeezing your shoulder blade toward the opposite side as far as possible.
- Return slowly to the starting position and repeat.

**Tip** Do not shrug your shoulder toward your ear.



#### 15. Bent-Over Horizontal Abduction

**Repetitions**

3 sets of 8

**Days per week**

3

**Main muscles worked:** Middle and lower trapezius, Infraspinatus, teres minor, posterior deltoid  
You should feel this exercise at the back of your shoulder and into your upper back

**Equipment needed:** Begin with a weight that allows 3 sets of 8 repetitions and progress to 3 sets of 12 repetitions. As the exercise becomes easier, add weight in 1-pound increments to a maximum of 5 pounds. Each time you increase the weight, start again at 3 sets of 8 repetitions.

**Step-by-step directions**

- Lie on your stomach on a table or bed with your injured arm hanging over the side.
- Keep your arm straight and slowly raise it up to eye level.
- Slowly lower it back to the starting position and repeat.

**Tip** Control the movement as you lower the weight.

