

## Knee Rehabilitation Guidelines

This exercise programme is designed to restore strength and mobility to your knee and enable a gradual return to activity following your injury/injection. It is recommended that you follow this exercise programme daily. It is normal to experience some discomfort whilst performing some exercises however, you should not push through pain. You should apply ice to the knee for 15 minutes after your exercise session to help minimise pain and inflammation. This exercise programme serves as a guide only, it is recommended you attend your physiotherapist to facilitate your rehabilitation.

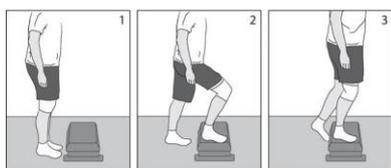
### 1. Partial Squat, with Chair



Hold onto a sturdy chair or counter with your feet 6-12 inches from the chair or counter.  
While keeping your back straight, slowly bend your knees.  
DO NOT go any lower than 90 degrees. Hold for 5-10 seconds. Slowly come back up. Relax.

*Repeat 3 sets of 8-12 reps.*

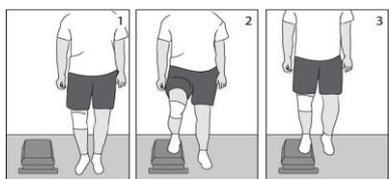
### 2. Step-ups, Forward



Step forward up onto a 6-inch high footstool or platform, leading with your involved leg.  
Step down, returning to the starting position. Increase the height of the platform as strength increases.

*Repeat 3 sets of 8-12 reps.*

### 3. Step-ups, Lateral



Step up onto a 6-inch high footstool or platform, leading with your involved leg. Step down, returning to the starting position. Increase the height of the platform as strength increases.

*Repeat 3 sets of 8-12 reps.*

### 4. Single Leg Calf Raise



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 the floor so that all your weight is placed on your affected foot.  
Raise the heel of your affected foot as high as you can, then lower.

*Repeat 3 sets of 10-15 reps.*

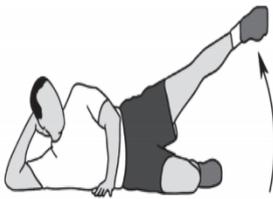
## 5. Single Leg Extensions



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 3 sets of 10-15 reps.*

*Progression: Gradually add weights to your ankle building up to 10lbs over 2-3 weeks.*

## 6. Hip Abduction



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 3 sets of 10-15 reps.*

*Progression: Gradually add weights to your ankle building up to 10lbs over 2-3 weeks.*

## Stretches

*To be performed daily.*

### 1. Hamstring Stretch



Lie on your back. Bend your hip, grasping your thigh just above the knee.  
Slowly straighten your knee until you feel the tightness behind your knee. Hold for 5 seconds, then relax.  
Repeat 10 times. If you do not feel this stretch, bend your hip a little more, and repeat. No bouncing! Maintain a steady, prolonged stretch for the maximum benefit

### 2. Quadriceps Stretch

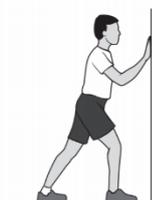


Standing with your involved knee bent, gently pull heel toward buttocks, feeling a stretch in the front of the leg.

Hold for 5 seconds.

Repeat 10 times.

### 3. Calf Stretch



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 5 seconds. Repeat 10 times.

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## Cardio Exercise

### **Exercise Bike**

Cycling is an excellent exercise to strengthen up the knee muscles and can be commenced immediately for general rehabilitation purposes or post injection therapy. If you have access to an exercise bike, adjust the seat height so that the bottom of your foot just touches the pedal and complete a full revolution. As you become stronger, slowly increase the tension on the bike. Start pedalling for 10 minutes a day. Increase the duration by one minute a day until you are pedalling for 20 minutes a day.



### **Walking**

You will be able to walk from day 1 post injection therapy, however, it is important not to overdo it in the first week of your recovery. You may progress to longer walks as part of your exercise regime after 1-2 weeks, as you feel comfortable.

### **Running**

You can gradually return to running after completing 6-8 weeks a rehabilitation programme. It is important to commence with low loads and gradually increase distance and time to avoid swelling or pain in the knee.

### **Pain or Swelling after Exercise**

As you increase the intensity of your exercise program, you may experience temporary setbacks. If your knee swells or hurts after a particular exercise activity, you should reduce or stop the activity until pain or swelling subsides. You should then Rest, Ice and Elevate your knee (R.I.C.E.). It may be helpful to apply ice to the knee for 15-20minutes after your exercise session if swelling occurs.

**Note: This exercise programme serves as a guide only. If you are experiencing difficulty carrying out these exercises, you are advised to attend your physiotherapist.**

