

STEADY THE STEP

KNEE EXERCISES

Read each exercise through before you start. Move smoothly, breathe normally, and repeat as your provider directs.

IF YOU FEEL PAIN, STOP. IF IT PERSISTS, TELL YOUR PROVIDER.



01 CALF STRETCH

1. Face a wall about an arm's length away. Step one foot toward it and rest both palms on the wall.
2. Lean in, bending the front knee while the back leg stays straight. Both heels stay down, toes pointing forward. Hold 30 seconds, then relax.
3. Repeat as comfortable, then change legs.

TAKE CARE • Don't arch your back or hunch your shoulders.



02 QUAD STRETCH

1. Stand facing forward with one hand on a sturdy counter or chair. With the other hand, take hold of the ankle on that same side.
2. Draw the heel gently up toward your buttock. When you feel a mild pull along the front of the thigh, hold 30 seconds.
3. Repeat as comfortable, then change legs.

TAKE CARE • Don't arch, bend forward, or twist to reach the foot.



03 QUAD SET

1. Sit on the floor with one leg out straight and the other knee bent.
2. Pull the toes of the straight leg back toward you. Press the back of that knee into the floor while tightening the muscle on top of the thigh. Hold 30 seconds.
3. Repeat as comfortable, then change legs.

TAKE CARE • Sit tall – no arching or hunching.

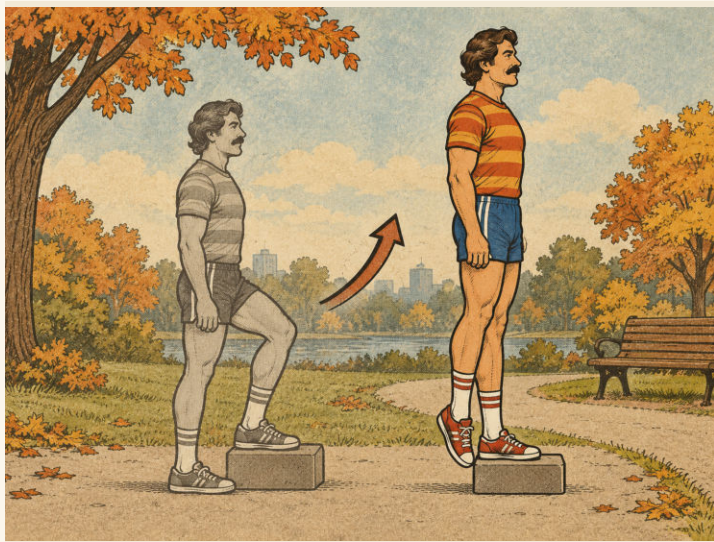


04 STRAIGHT LEG RAISE

1. Sit on the floor with one leg out straight and the other knee bent.
2. Pull the toes of the straight leg back and tighten the top of the thigh – you should feel the muscle firm up. Lift that leg 6 to 8 inches, then lower it slowly and relax.
3. Repeat as comfortable, then change legs.

TAKE CARE • Sit tall – no arching or hunching.

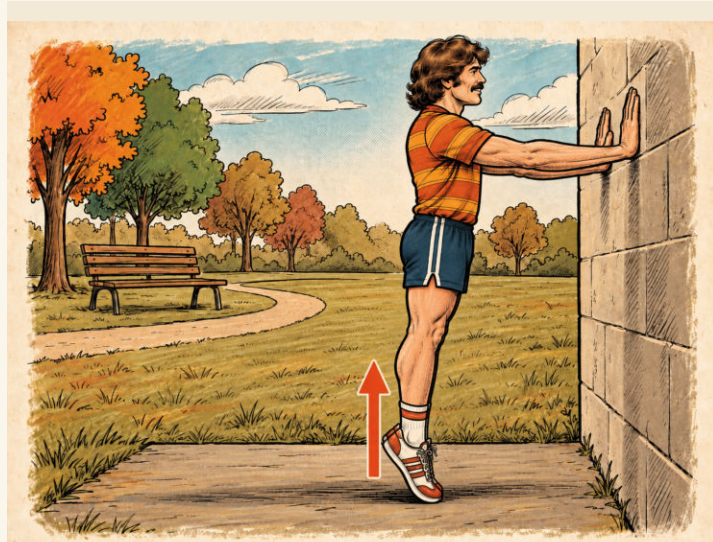
KNEE EXERCISES • CONTINUED



05 LATERAL STEP-UPS

1. Place one foot on a low, sturdy block 3 to 5 inches high, the other foot flat on the floor beside it.
2. Shift your weight onto the raised foot and straighten that knee, lifting the other foot clear of the floor. Then lower it slowly until just the heel touches down.
3. Repeat as comfortable, then change legs.

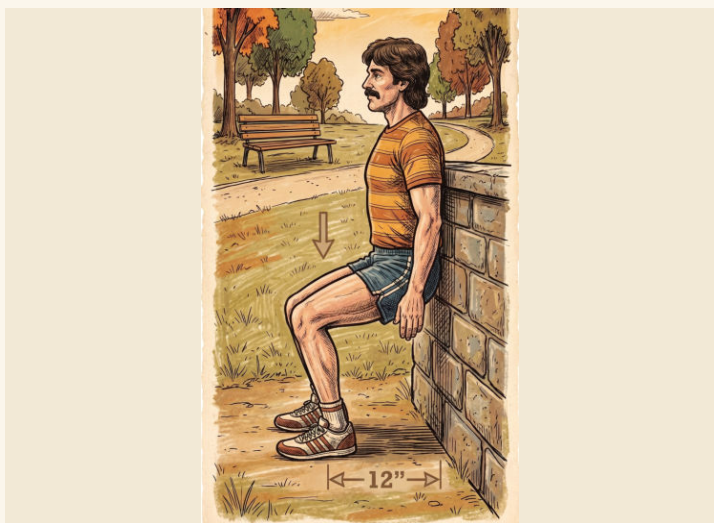
TAKE CARE • Don't lock the knee or push off the floor – the raised leg does the work.



06 CALF RAISE

1. Stand tall with both feet flat and slightly apart. Rest your hands on a wall, counter, or sturdy chair for balance.
2. Rise up onto the balls of your feet. Hold 30 seconds, then lower your heels slowly back to the floor.
3. Repeat as often as feels comfortable.

TAKE CARE • Don't arch your back, lock your knees, or lean on your hands.



07 WALL SLIDE

1. Stand with your back and head against a wall, feet shoulder width apart and about a foot out from it. Relax your shoulders and tighten your stomach.
2. Slide straight down until your knees bend – the deeper the bend, the harder the work. Hold 30 seconds, then slide slowly back up.
3. Repeat as often as feels comfortable.

TAKE CARE • Knees stay behind your toes; hips never drop below knee height.



08 LEG LUNGE

1. Stand with your feet shoulder width apart.
2. Step forward with one foot and sink down with both knees bent, back straight and feet pointing ahead. The back heel lifts as you step. Push smoothly back to standing.
3. Repeat as comfortable, then change legs.

TAKE CARE • Front knee stays behind the toes; rear knee never touches the floor.