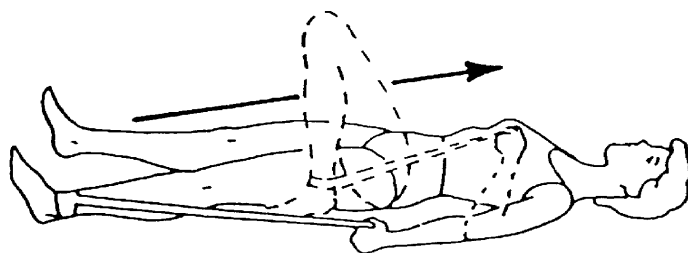


Knee-Bending Exercises

These exercises will help you bend your knee joint:

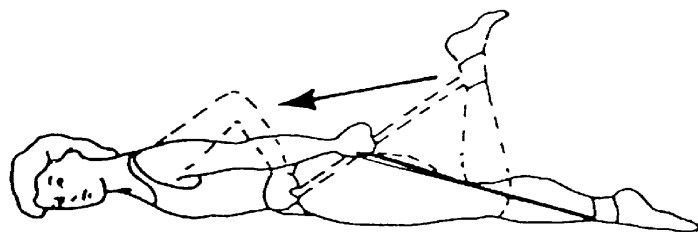
Do each exercise times, times a day.

1. Lie on your back. Bend your knee and slide your heel towards your buttocks as far as possible. To help you do this, wrap a sheet or belt around your ankle and pull the ends towards your buttocks.

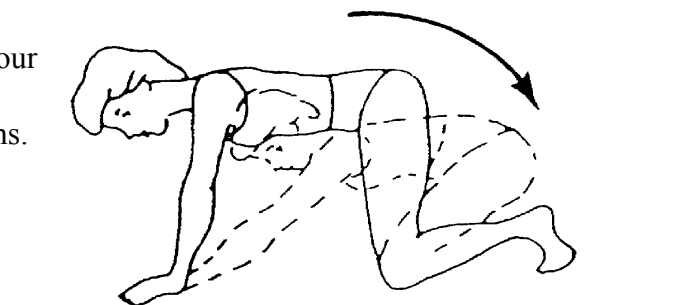


2. Sit in a chair or on a bed with your knee over the edge. Keep your leg hanging freely. Allow the knee to bend. A 2 - 3 pound sandbag may be put on your ankle to add more stretch. The weight should be light enough to tolerate the stretch for 20 - 30 minutes at a time.

3. Sit in a chair with your knee bent as far as possible. Your foot should be flat on the floor. Put your toe against a wall or table leg. Then, slide your body forward on the chair to bend your leg even more. Do not move your foot during this exercise.



4. Lie on your stomach with a belt or sheet wrapped around your ankle. Bend your injured knee as much as possible. Pull on the ends of the belt or sheet to help bend your knee.



5. Get on your hands and knees. Bring your buttocks towards your heels until you feel a gentle stretch in your upper thighs. Relax and repeat.

If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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