



SHAYNE KELLY, DO

ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

HOME EXERCISE PROGRAM · SHAYNEKELLYORTHODOTCOM

Post Operative Knee Arthroscopy Home Exercise Program

EXERCISES



Ankle Pump Repeat 10-15 times. Do 3-5 times per day

While your leg is elevated, pull your toes up toward your head as far as you can, then point them down as far as you can.



Seated Towel Stretch Hold 30-60 seconds. Repeat 2 times

Place a towel or belt around your toes. Use your hands to gently pull the towel toward you to feel a stretch in your lower leg.



Seated Quad Set Hold 1-2 seconds. Repeat 10-15 times

Prop your heels on the wall. Tighten your quads, as if to lock your knees.



Knee Extension Stretch Hold stretch for 60 seconds. Repeat 10 times

Prop your heel on a towel roll and tighten the quad to stretch the back of the knee. You may also rest your leg in this position for a long stretch.



Short Arc Quad **Repeat 10-15 times. Do 2 sets**

Lie on your back with a pillow or ball under your knee. Tighten your thigh and lift your ankle off the ground to straighten your knee. Hold 1-2 seconds. Slowly lower back down.



Gravity Assisted Knee Flexion **Repeat 10-15 times. Do 2 sets**

Sit at the edge of a chair or bed with your injured leg supported on top of the other leg. Relaxing the injured leg, use the other leg to slowly lower your foot to bend your injured knee. Hold this position for 3-5 seconds. Raise the leg back up, allowing the injured leg to relax.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.