

Knee Exercises – Beginner Home Program

6 basic exercises · just a towel and a chair

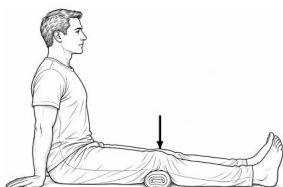
Patient name: _____ Date: _____ Knee: ☐ Left ☐ Right

Therapist: **Dr. Jack Engelberg, PT, DPT**

Do: 2–3 sets of 10 reps, 1–2 time(s) per day (day / week)

Hold: 3–5 sec

How: Move slowly and with control. Breathe normally, don't hold your breath. Mild muscle tiredness is OK; pain is not.



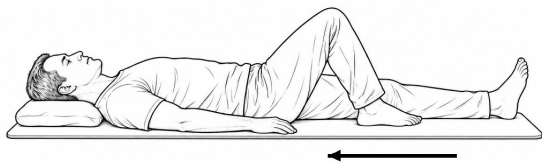
1 Quad Sets

Tighten thigh

☐ Assigned

1. Sit with legs straight out, a small rolled towel under your knee.
2. Tighten your thigh and press your knee **down** into the towel.
3. Hold **5 sec**, then relax.

Key cue: Toes point up. Feel the thigh get firm. Breathe normally.



2 Heel Slides

Bend and straighten

☐ Assigned

1. Lie on your back with legs straight.
2. Slide your heel **toward your buttock**, bending your knee.
3. Hold 3 sec, then slowly slide back down.

Key cue: Heel stays on the bed or floor. Gentle stretch, no pain.



3 Straight Leg Raise

Lift a straight leg

☐ Assigned

1. Lie on your back. Bend the other knee, foot flat.
2. Tighten your thigh to lock the knee **straight**.
3. Lift the leg **about 12 in.** Hold 3 sec, then lower slowly.

Key cue: Tighten first, then lift. Knee stays straight the whole time.



4 Short Arc Quad

Straighten over a roll

☐ Assigned

1. Lie on your back, a roll or rolled towel (6–8 in) under your knee.
2. Straighten your knee, lifting your **heel** off the floor.
3. Hold 3–5 sec, then lower slowly.

Key cue: Back of the thigh stays on the roll. Straighten all the way.



5 Long Arc Quad

Seated knee extension

☐ Assigned

1. Sit tall in a sturdy chair, feet flat on the floor.
2. Straighten your knee until the leg is **straight out**.
3. Hold 3–5 sec, then lower slowly.

Key cue: Thigh stays on the chair. Don't lean back or swing the leg.



6 Standing Hamstring Curl

Bend knee behind you

☐ Assigned

1. Stand tall holding the back of a **sturdy chair**.
2. Bend your knee, bringing your heel up **toward your buttock**.
3. Hold 3 sec, then lower slowly.

Key cue: Keep knees side by side. Don't bend forward at the hip.



Safety: Stop if you feel sharp pain, new swelling, or your knee gives way, and call your therapist. Use a sturdy chair that won't slide.

Notes from your therapist:

