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## Your Home Exercise Program Following Arthroscopic Knee Surgery

### 1. Towel Roll under the Heel

**Purpose:** To maintain and improve your knee extension range of motion.

**Perform this exercise if you are having trouble getting your knee straight**

Lie on your back with your non-operated leg bent.  
Place a rolled up towel (approximately 4 - 6 inches in diameter) under the heel of your operated leg (**Figure 1a**).  
Let your operated leg straighten as much as possible.  
Try to maintain this position for 3 - 5 minutes.  
Ice can also be applied during this exercise (**Figure 1b**).



**Figure 1a**



**Figure 1b**

### 2. Isometric Quadriceps Strengthening (Quad)

**Sets) Purpose:** To strengthen the quadriceps muscle.

Lie on your back with your non-operated knee bent.  
Place a small towel roll underneath your operated knee (**Figure 2**).  
Slowly tighten your thigh muscle (quadriceps) and push the back of your operated knee down into the towel roll.  
Hold this contraction for 5 seconds then slowly release.  
Rest for 10 seconds between each contraction.  
Perform 3 sets of 10 repetitions, 3 times daily.



**Note: A towel roll is placed underneath the knee for this exercise only.**

**Note: Do not hold your breath with any of these exercises.**

### 3. Straight Leg Raise

**Figure 2**

**Purpose:** To strengthen the quadriceps muscles.

Lie on your back with your operated knee straight.

Bend your non-operated knee as shown. Gently tighten your stomach muscles

Gently tighten your thigh muscle (quadriceps) and slowly raise your operated leg to the level of the opposite knee (**Figure 3**).

Your leg should remain straight throughout this exercise.

Perform 3 sets of 10 repetitions, 3 times daily.

**Note:** If you have pain/discomfort with this exercise, stop and then try again each day until you can perform this exercise correctly and pain free.



**Figure 3**

### 4. Seated Active Assisted Range of Motion Exercises Knee Flexion and Knee Extension

**Purpose:** To help improve motion and strengthen your knee.

Sit at the edge of the bed or a firm surface.

Support your operated leg with your non-operated leg.

Gently allow your operated leg to bend by supporting it and gently lowering it with assistance of the non-operated leg. (**Figure 4a**)

Slowly remove your non-operated leg from behind your operated leg and let your operated leg dangle as tolerated.

Now, actively bend your operated leg until you feel a stretch (**NO PAIN**) and hold for 5 seconds. (**Figure 4b**)

Now take your non-operated leg and place it in front of your operated leg. Bend your operated leg with the assistance of the non-operated leg. (**Figure 4c**) Now extend your operated leg all the way back up, using the non-operated leg for assistance. (**Figure 4d**)

Perform 3 sets of 5 repetitions, 3 times daily. Everyday

Red band indicates operated leg



