

Seth C. Gamradt, MD

Orthopaedic Surgery and Sports
Medicine

Keck School of Medicine of USC

1520 San Pablo Street, Suite 2000
Los Angeles, CA 90033

Phone: 323.442.5860

Fax: 323.442.6952

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



