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Pediatric & Adult Orthopaedics

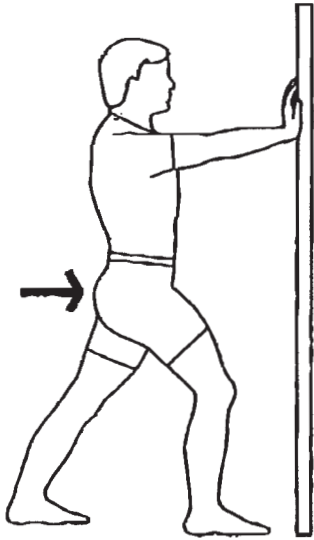
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## KNEE EXERCISES



### Stretch Gastroc uni standing

- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Perform 1 set of 4 Repetitions,  
twice a day.

Hold exercise for 15 seconds.  
Rest 30 seconds between sets.

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### Stretch hamstring uni stand

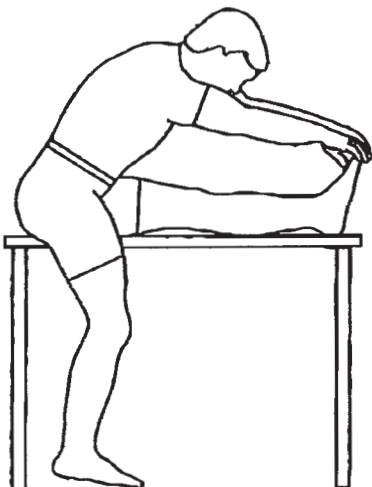
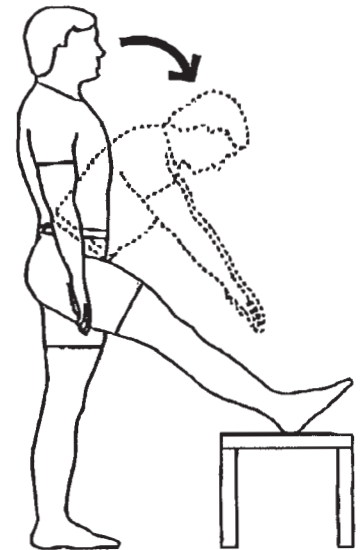
- Stand with heel propped on low table, knee straight, as shown
- Gently and slowly lean forward at waist.
- Repeat with other leg.

#### Special Instructions:

Keep the knee straight.

Perform 1 set of 4 Repetitions,  
twice a day.

Hold exercise for 15 seconds.  
Rest 30 seconds between sets.

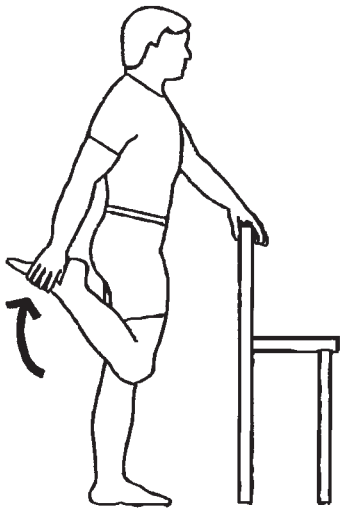


### Stretch hamstring uni longsitting

- Sit on firm surface with one leg out in front.
- Slowly lean forward, trying to touch toes.

Perform 1 set of 4 Repetitions,  
twice a day.

Hold exercise for 15 seconds.  
Rest 30 seconds between sets.



#### Stretch Quads standing

- Stand on uninvolved leg, using table or chair for balance.
- Bend knee of involved leg.
- Grasp with hand and gently pull up toward buttocks.
- Hold and repeat.

#### Special Instructions:

Keep thigh straight in line with body, do not bend at hip.

Perform 1 set of 4 Repetitions,  
twice a day.

Hold exercise for 15 seconds.  
Rest 30 seconds between sets.

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#### Stretch Quads prone w/towel

- Lie face down.
- Bend knee and loop towel around ankle.
- Gently pull towel to stretch muscle on front of thigh.

Perform 1 set of 4 Repetitions,  
twice a day.

Hold exercise for 15 seconds.  
Rest 30 seconds between sets.

