



**NORTH
YORK
GENERAL**

*Making a World
of Difference*

**GULSHAN & PYRALI G. NANJI
ORTHOPAEDICS
and
PLASTICS CENTRE**

KNEE

EXERCISES



**NORTH
YORK
GENERAL**

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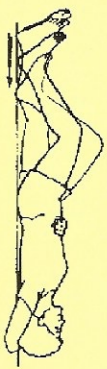
General Site

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**Gulshan & Pyrali G. Nanji
Orthopaedics and Plastics Centre**

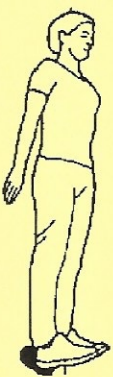
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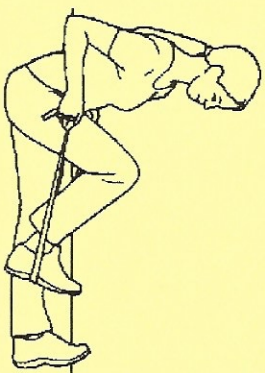
Lie on your back, slide the heel of your injured knee toward your buttocks. (bending your knee)

Hold 3-5 seconds and slowly lower
Repeat 30 times.
Repeat 3 times per day.



Lying on your back with legs straight. Place a rolled towel under your heel. Flex your toes up and push your knees down firmly against the bed. Hold 5 seconds and then relax.

Repeat 30 times.
Repeat 3 times per day.



Long sitting. Put a strap or towel around your foot. Bend your knee as far as possible. Gently pull the strap or towel to bend your knee a little more. Hold 5 seconds.

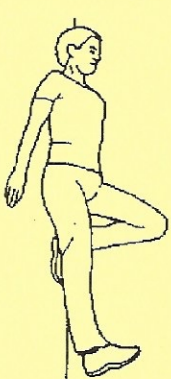
Repeat 30 times..
Repeat 3 times per day.



Lie on your back with a can or roll under your injured knee, raise your heel off the floor until your knee is straight. Do not let your knee come off the roll.

Hold 5 seconds.
Repeat 3 sets of 10.
Repeat 3 times per day.

Add an ankle weight as this exercise gets easy.



Lying on your back with injured leg straight and the other leg bent.

Exercise your straight leg by pulling the toes up, straightening the knee and lifting the leg 20cm off the bed. Hold approx. 3-5 seconds - slowly relax.

Repeat 3 sets of 10.
Repeat 3 times per day.

Add an ankle weight as this exercise gets easy.