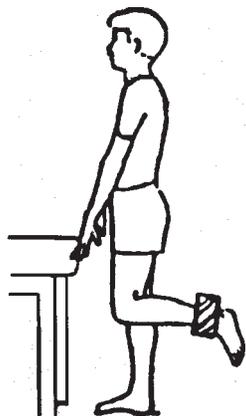


STRENGTHEN - Late phase Standing Knee Flexion



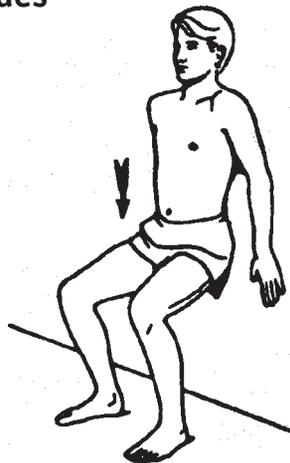
Standing close to a table, bend your knee up as far as possible. Add weight if your therapist tells you to.

Knee Bends - Squats



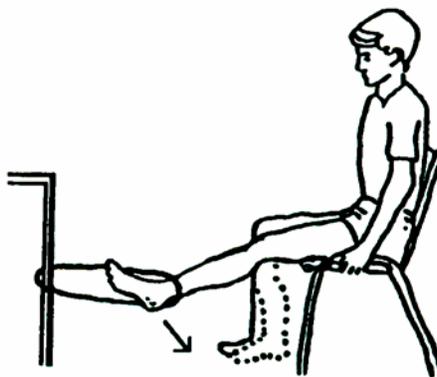
Standing, with the support of a table or chair, bend both knees into a squatting position, then straighten your knees and stand straight. Progress to squatting on one leg when your therapist tells you to.

Wall Slides



Lean on the wall, slowly slide your buttocks toward the floor until you are in a sitting position.

Hamstring Strengthening



Sit in a chair. Use a theraband or inner tube, bend your knee under a chair by sliding your foot along the floor.

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Home Exercise Program for Anterior Cruciate Repair

The following exercises will help you improve mobility and strength following your knee ligament surgery.

Do only those exercises that your therapists tells you to.

Do each exercise:

_____ times.

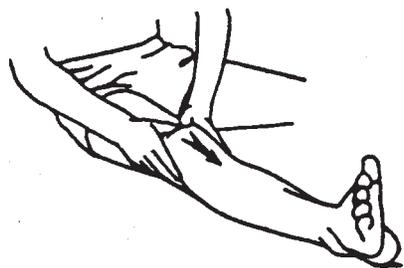
Hold _____ seconds.

Do _____ sessions per day.

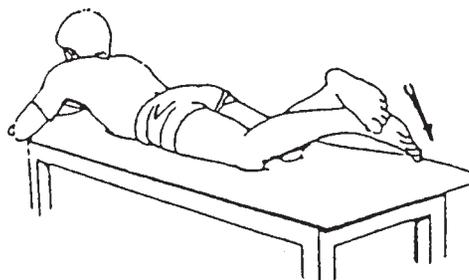
Wear your brace until your doctor or therapist tells you not to.

STRETCH **Knee Cap Mobilization**

Use your fingers and thumbs around your kneecap to gently push your kneecap towards your foot. Pull your kneecap towards your hip. Glide your kneecap from side to side. Repeat 5 times in each direction.

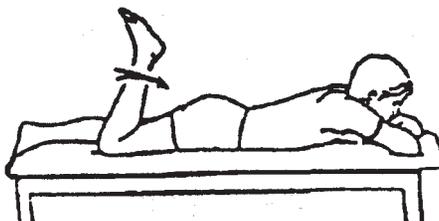


Knee Extension Stretch



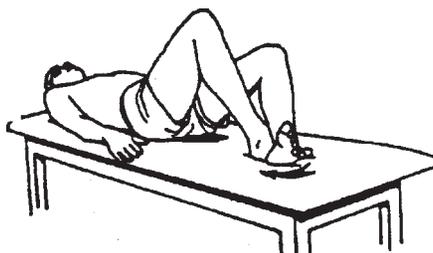
Gently push your affected leg straight, using your other leg, until you feel a stretch.

Prone Knee Flexion Stretch



Bring your heel towards your buttocks as far as possible. Use your other leg to help push your knee further.

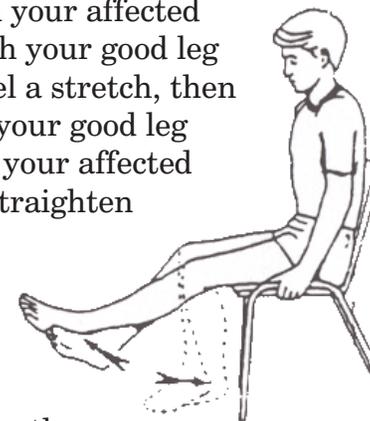
Supine Knee Flexion Stretch



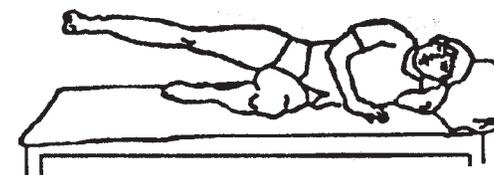
Bend your affected knee as far as possible. Using your other leg, apply a gentle push until you feel a stretch.

Seated Knee Flexion/Extension

Gently push your affected leg back with your good leg until you feel a stretch, then relax. With your good leg underneath your affected leg, slowly straighten the leg out. Make sure the good leg is doing the work of straightening the knee NOT the operated leg.

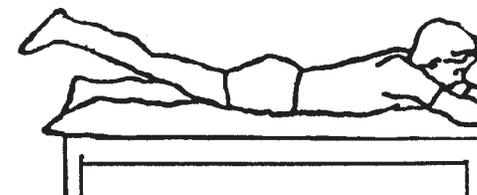


STRENGTHEN - Early phase **Side Leg Lifts**



Lying on your side, lift the top leg upwards. Keep your hip and knee straight. Keep your hips rolled forward.

Hip Extension in Prone Lying



Lying on your stomach, lift your leg backwards. Keep your knee straight.