

KNEE AND LEG STRENGTHENING DRILLS



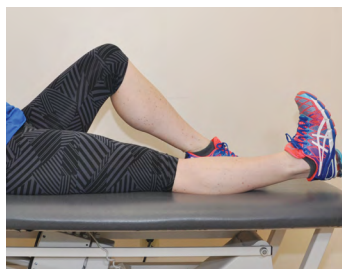
Step-Ups*

- After a brief warm-up, such as brisk walking for a few minutes, stand on a 3-inch to 5-inch support and the other foot flat on the floor.
- Shift your weight onto the foot on the block, straightening that knee and raising your other foot off the floor. Then slowly lower the foot until only the heel touches the floor.
- Return to starting position.
- **Do 3 sets of 10 repetitions 2 times a day.**
- **Repeat on the other leg.**



Leg Raise*

- Sit on the floor with your affected leg straight, the other bent.
- Tighten the thigh muscles on the top of your straight leg. You should feel the muscles contract. Raise that leg 6 to 8 inches. Then lower it slowly and steadily to the floor. Relax.
- **Do 3 sets of 10 repetitions 2 times a day.**



Quad Sets*

- Sit against a wall with your injured leg out straight.
- Tighten your front thigh muscles and press the back of your knee down toward the floor.
- **Hold for 10 seconds. Release.**
- **Repeat about 100 times throughout the day.**

All stretches should be done in a comfortable environment and in a relaxed atmosphere. Positions should be held for one minute on each leg and then repeated on the opposite leg.