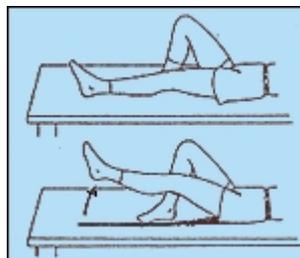


## Knee Exercises

### Knee Motion Exercises

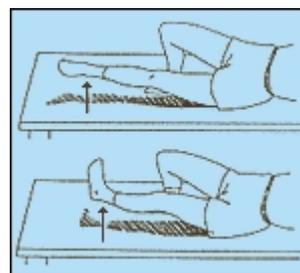
#### 1. STRAIGHT LEG RAISE -- KNEE EXTENSION RAISE

Lie on back, with right knee bent and right foot flat on ground. Gradually lift the left leg up about thirty centimetres (twelve inches) in the air. Keep the knee straight and the toes pointed up. Hold this elevated position for six seconds. Slowly return leg to ground and start again. Repeat six times, and then start again by lifting the right leg. Slowly add weights to ankles to increase resistance.



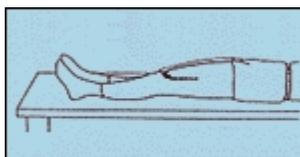
#### 2. STRAIGHT LEG RAISE -- WITH INTERNAL AND EXTERNAL ROTATION

Lie on back, with right knee bent and foot flat. Move left foot to 10 o'clock position. Lift left leg in air about thirty centimetres (twelve inches). Keep your left knee straight. Hold this position for six seconds. Then move left foot to 2 o'clock position. Lift the leg up 30 centimetres and hold. Repeat this exercise six times and then switch legs. Slowly add weights to ankle. (Check weights with physiotherapist.)



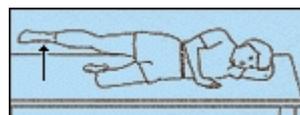
#### 3. QUADRICEP SET -- KNEE EXTENSION

Lie on your back and slowly press left knee into the mat. Then tighten the muscles on front of your thigh. Try not to hold your breath. Hold the muscles tight for six seconds. Repeat six times and then tighten right leg muscle.



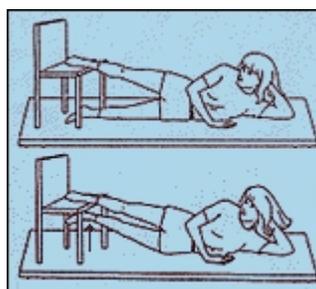
#### 4. HIP ABDUCTION

Lie on left side with bottom knee bent, Raise top leg. Keep knee straight and toes pointed forward. Do not let top hip roll backward. Hold this position for six seconds. Do six repeats and then switch sides. Progress slowly to just under 1kg at the ankle. (Check weights with physiotherapist.)



#### 5. HIP ADDUCTION

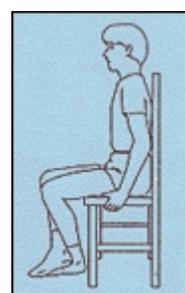
Lie on left side with top leg on chair. Slowly raise the bottom leg up to the chair seat. Hold leg up for six seconds. Do six repeats and then switch sides.



### Strengthening Knee Exercises

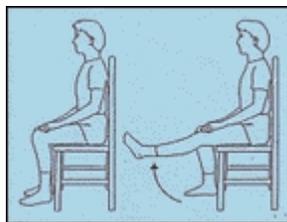
#### 1. KNEE FLEXION

Sit upright on a chair and cross legs with the left leg on the bottom. Slowly use the right leg to push the left leg underneath the chair while keeping hips flat on the chair. Hold this position for six seconds. Return to starting position and do six repeats. Repeat entire exercise with right leg on bottom.



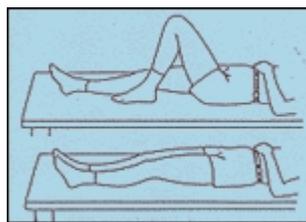
## 2. KNEE EXTENSION

Sit up straight with your back against a chair. Slowly straighten your left knee. Hold this position for six seconds. Relax and lower your leg to the standing position. Do six repeats with your right knee.



## 3. HEEL SLIDE KNEE EXTENSION

Lie on your back, with left knee bent and left foot flat on floor. Slowly slide the left heel away from your body so that both legs are parallel. Hold for six seconds. Do six repeats and repeat the exercise with right leg.



### Reference:

<http://www.haemophilia.org.za/HemKnee.htm>

Kelly, T. and Zimmerman, J. "Exercising Know-How : The Knee." *Hemalog*. April 1995, pp. 26-29.

The content provided in this leaflet is for information purposes only. It is not designed to diagnose or treat a condition or otherwise provide medical advice. Information contained in this leaflet is also subject to personal interpretation and can become obsolete, thus accuracy cannot be guaranteed. Please consult your own healthcare provider regarding any medical issues.

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