



**Nathan A. Mall, MD**

Director, St. Louis Center for Cartilage Restoration and Repair

Regeneration Orthopedics

6 McBride & Sons Center Drive, Suite 204 · St. Louis, MO 63005

office: 636.536.7000 · fax: 636.898.5709

Post-Operative Home Exercise Program

Knee Exercises

Quadriceps Tightening

Sit or lie with knee straight

Tighten muscles in front of leg so that knee cap is pulled up and the leg completely straightens.

Hold for count of 5, rest for 2 seconds, repeat

Do 10 times per hour until able to do straight leg raise

Straight Leg Raise

A.) Lie on back with opposite leg bent to avoid excess back strain. Keep toes pointed towards ceiling.

Tighten muscles in front of leg so that the knee cap is pulled up and the leg completely straightens. Then, lift the heel off the ground to a height of about 18 inches from the surface on which you are lying. Lower slowly, and pause 1-2 seconds between reps.

Do 10-20 repetitions, progressing to 20-40 repetitions, 2-4 times per day

B.) Repeat same positioning as in A, however allow leg to roll out so toes are pointed away from the body and towards the corner of room. Tighten thigh muscles and elevate leg straight into air.

Do 20-40 repetitions, 2-4 times per day.