

BASIC EXERCISES FOR KNEE PAIN

GOALS

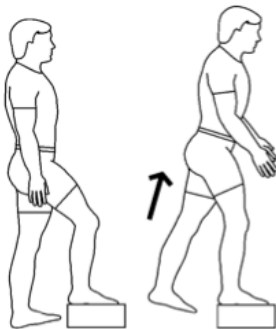
Improve knee stability and control.
Reduce pain in the area.

INSTRUCTIONS

Equipment: Steps

- Stand in front of the step.

The instructions below represent one set of exercises.
Perform up to 3 sets 1-2 times per day.



KNEE PAIN 1 FORWARD STEP UP

Start with both feet on ground facing step. Move foot on INJURED side onto step. **Use a 4-count to slowly straighten INJURED knee as you step up.** Complete the step up by placing both feet on step.

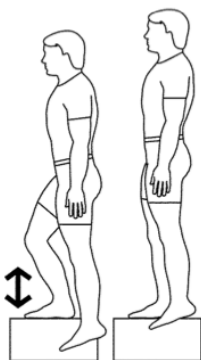
To return to start position, move foot on uninjured side backward and hold off the step. **Use a 4-count to slowly bend knee on INJURED side as you step back and down.** Make sure injured knee stays in line with foot on that side. Complete the movement by placing both feet on ground. Repeat up to 10 times.



KNEE PAIN 2 FORWARD STEP DOWN

Start with both feet on step facing ground level. Move foot on uninjured side forward and hold off step. **With foot on INJURED side still on step, use a 4-count to slowly bend INJURED knee as you step forward and down.** Complete the step down by placing both feet on ground.

To return to start position, move foot on INJURED side backward and onto step. **Use a 4-count to slowly straighten INJURED knee as you step back.** Make sure injured knee stays in line with foot on that side. Complete the movement by placing both feet onto step. Repeat up to 10 times.



KNEE PAIN 3 SIDE-FACING DIP/PARTIAL SQUAT

Stand sideways on step with inside edge of foot on INJURED side close to edge of step. Dangle foot on unaffected side off edge of step. **Perform a dip/partial squat by bending knee on INJURED side. Reach toward the ground with heel on unaffected side.** Make sure knee on affected side stays in line with foot on that side. There is no need to do this in 4-count increments.

To return to start position, **straighten knee on INJURED side.** Repeat up to 10 times.

BASIC EXERCISES FOR KNEE PAIN

ADDITIONAL INSTRUCTIONS

- Exercise good control during the movement.
- Especially avoid knee buckling inward or bowing out.
- Step slowly and deliberately.
- Slowly return to starting position.
- Perform drills in the sequence listed unless otherwise advised by your therapist.

PRECAUTIONS

- Avoid jerky movements.
- Perform these drills respecting your pain.
- You may experience some soreness from some of these drills. DO NOT perform these to the point of aggravating your symptoms.

NOTES: