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Home Exercise Program for Knee Pain

Exercise: Bend and straighten knee lying heel slides (supine)

Area: Knee

Comment: Perform this exercise on your back in bed.

Exercise Description:

- Lie on back on firm, smooth surface.
- Keep heel in contact with surface and pull heel toward buttock bending knee.
- Straighten knee keeping heel in contact with surface.
- Repeat.

What to feel? Tightening about front of knee and thigh

How many? 1 set 10 repetitions

How often? 2 times per day.

Weight? None – Hold for 5 seconds

Desired Benefit: Increased muscle strength

Exercise: Straighten knee long sitting (Quad Set)

Area: Knee

Comment: Perform this exercise on your back in bed

Exercise Description:

- Long sitting on firm, smooth surface.
- Keep leg in contact with surface throughout exercise.
- Tighten the muscle on front of thigh straightening knee by
 - Pushing down with knee and attempting to lift heel.
- Hold.
- Relax and repeat.

What to feel? Tightening on front of thigh.

How many? 1 set 10 repetitions

How often? 2 times per day

Weight? None – Hold for 5 seconds

Desired Benefits: Increased muscle strength

Exercise: Straighten knee sitting straight leg raise
Area: Knee
Comment: Perform this exercise on your back in bed

Exercise Description:

- Long sit on firm, smooth surface with back supported against wall.
- Bend UNINVOLVED knee, resting foot on surface.
- Tighten muscles on front of thigh and lift leg several inches keeping
 - knee straight and hold.
- Slowly return to the starting position and relax.
- Repeat.

What to feel? Tightening in front of knee and thigh.

How many? 1 set 10 repetitions

How often? 2 times per day

Weight? None – Hold for 5 seconds

Desired Benefits: Increased muscle strength

Exercise: Foot circles leg elevated

Area: Ankle

Comment: Perform this exercise on your back in bed. Do not use a stool.

Exercise Description:

- Lie on firm surface with the INVOLVED leg elevated on a chair or foot stool.
- Rotate the foot in a small circle clockwise. Increase the circle as you can
 - without causing discomfort.
- Now rotate the foot in the opposite direction.
- Move the ankle and the foot through a comfortable range without causing
 - discomfort.
- Repeat as instructed.

What to feel? Tightening in calf and front of lower leg.

How many? 1 set 10 repetitions

How often? 5 times per day

Weight? None.

Desired Benefits: Increased muscle strength