

Notes :

### 1 Knee end range extension



Lie on your back with a towel rolled under your ankle.  
Push your knee down towards the bed so as to straighten it as much as possible.  
Relax your knee and repeat.

### 2 Isometric quadriceps



Lie down with your legs extended.  
Tighten the quadriceps muscles on the front of your thighs by trying to push the knees downward.  
Hold the position for the recommended time.  
Relax the muscles.  
Do not hold your breath.

### 3 Terminal knee extension



Adopt a long sitting position with one knee flexed and one leg extended and the lower back straight. Extend the knee fully by trying to touch the back of your knee to the ground. Hold as recommended.

### 4 Knee extension



Lie down on your back with a rolled towel under your thigh, just above the knee.  
Push your thigh down into the towel and lift your heel up off the floor and as high as you can, without lifting the leg from the roller.  
Lower your leg to the starting position and repeat.

### 5 Prone TKE



Start lying on your stomach in a comfortable position with your hip, knee and ankle in a straight line.  
Contract your quadriceps muscle in front of your thigh to extend the knee as much as possible.  
Push your toes down into the table to further contract the quadriceps.  
Hold the contraction for the designated time.  
Keep your back neutral and core engaged through the exercise.

### 6 Knee terminal extension



Stand back to a wall with a rolled towel behind the affected knee.  
Extend the knee by pushing the back of the knee against the towel.  
Hold for the required time.

## 7 Knee ext, terminal, standing



Stand with one leg in front of the other and your front knee slightly bent.  
Place your hands on your kneecap.  
Extend your knee down and back, then apply pressure with your hands at the end of the movement.  
Hold, then return to the starting position.  
Repeat.

## 8 Knee ext, overpressure



Stand with one foot on a chair and your knee almost straight.  
Place both hands on your knee.  
Lower your knee towards the floor, then apply pressure with your hands at the end of the movement.  
Hold, then return to the starting position.  
Repeat.

## 9 Passive knee ext at end of bed



Lie face down on a bed so that your lower legs and knees are unsupported.  
Completely relax the leg, to allow extension of the knee, assisted by the force of gravity.

## 10 Passive knee extension



Sit on a chair with the affected knee on another chair or stool that is at about hip height.  
Relax your leg and let the knee straighten.  
To progress, put a book or a weight on the top of your knee to further stretch it.

## 11 Knee extension



Sit on a chair and put your heel on another chair located in front of you.  
Start with the knee slightly bent and actively extend the knee as much as you can. Then hold the position for a few seconds.  
Release the position and repeat the exercise, trying to go further with each repetition.  
The pain should subside with each repetition or afterward.

## 12 Auto-assisted knee extension



Sit up straight with your knees bent.  
Try to straighten your affected leg as much as you can by helping yourself with the other foot crossed behind the ankle.  
Maintain the position, bend your knee and repeat.

### 13 Assisted knee extension



Sit down on the edge of a table or on a chair.  
Place your good leg's foot behind the affected leg's heel.  
Extend your affected leg's knee assisting the movement with the good leg.  
Repeat.

### 14 Knee extension with pressure



Sit on a chair and put your heel on the floor in front of you.  
Start with the knee slightly bent, actively extend it-as much as you can-and hold the position for a few seconds, applying extra pressure with your hands above the knee.  
Release the posture and repeat the exercise, trying to go further on each repetition.  
The pain should subside with each repetition or afterward.