

Burn Care Exercise Program

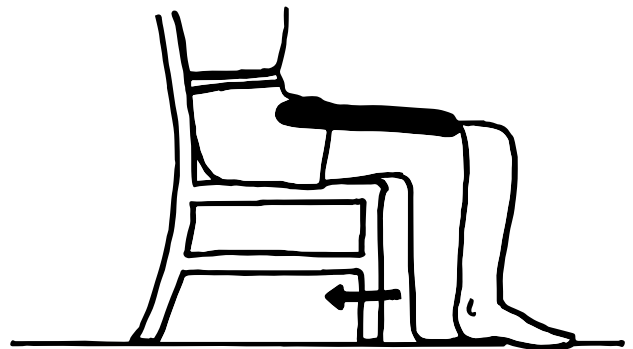
Knee Active Assisted Range of Motion

Instructions

- ✓ Do these exercises at least 4 times a day.
- ✓ Repeat each exercise 8 to 10 times on each side.
- ✓ Hold each stretch for 20 to 30 seconds.

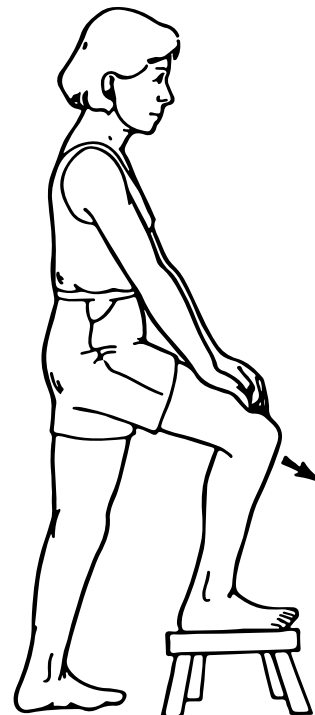
Knee flexion

- Bring your heel as far back under the chair as possible.
- Cross your ankles so that you can use your _____ leg to push the other leg towards the chair.



Knee flexion

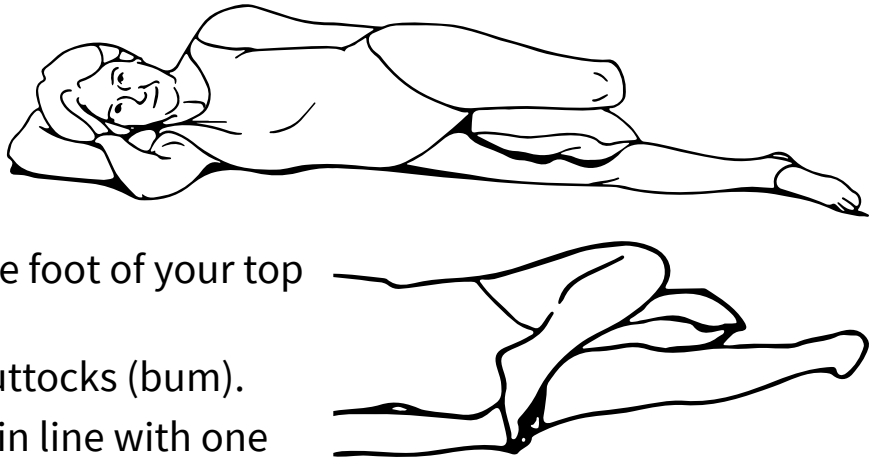
- Stand near a stool or step.
- Put your foot on the stool or step.
- Lean your body weight forward to bend your knee so that you feel a stretch in the front of your thigh.



Prepared by: Rehabilitation Services
Designed by: NSHA Library Services

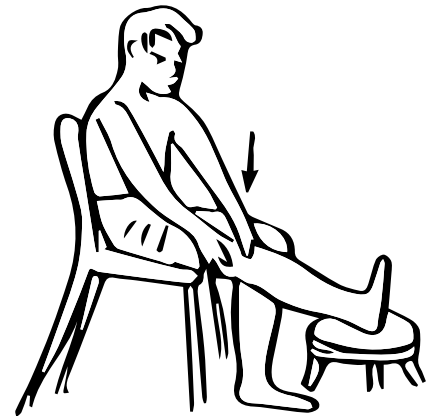
Knee flexion

- Lie on your side.
- Place a pillow between your knees.
- Using your hand, or with the help of a belt or towel, hold the foot of your top leg.
- Pull your heel towards your buttocks (bum).
- Keep your thighs straight and in line with one another.
- You should feel a stretch on the front of your thigh.



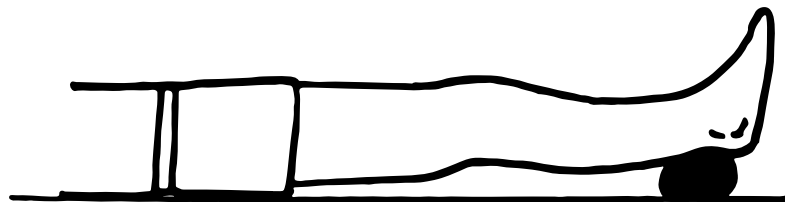
Knee extension

- Sit in a chair.
- Place your heel on a stool, chair, or coffee table so that your knee is as straight as possible.
- Place both hands on your thigh just above your kneecap.
- Using both hands, push your thigh towards the floor, straightening your knee. **Do not push down on your kneecap.**



Knee extension

- Support your leg with a rolled-up towel under your heel.
- Allow your knee to relax into a straight position.
- You should feel a stretch in the back of your knee.



What are your questions? Please ask.

Therapist: _____ **Phone:** _____