**Burn Care Exercise Program**  
**Knee Active Range of Motion**

**Instructions**
- ✓ Do these exercises at least 4 times per day.
- ✓ Do 8-10 repetitions on each side.
- ✓ Hold each stretch for 20-30 seconds.

**Knee flexion**
- Slide your heel towards your buttocks.
- Keep your heel and buttocks on the bed.

**Or, sit in a chair and:**
- Place your foot on the floor.
- Move your foot as far as you can under the chair.

**What are your questions? Please ask.**

Therapist: ___________________________ Phone: ___________________________
Standing knee flexion
- Stand up straight.
- Bend your knee by bringing the heel toward your buttocks.
- Do not move your hip.
- You should feel the muscle on the back of your thigh working.
- You may feel a stretch on the front of your thigh.

Quad stretch
- Straighten your leg by tightening the muscles on the front of your thigh and pushing your knee into the bed.

Seated knee extension
- Straighten your leg as far as possible by kicking it out.
- Then bring your heel as far back under the chair as possible.