Burn Care Exercise Program
Knee Active Assisted 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
• 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.
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.
• 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 sag into a straight position.
• You should feel a stretch in the back of your knee.

What are your questions? Please ask.
Therapist: ________________________ Phone: ___________________________