

Prepared for: \_\_\_\_\_

Prepared by: \_\_\_\_\_

Purpose of program: \_\_\_\_\_

## Knee Stretches & Exercises

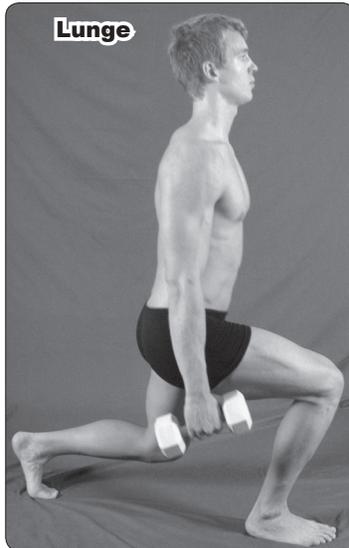
After an injury or surgery, an exercise conditioning & stretching program will help prevent future injury & allow you return to daily activities, sports or work. Talk to your doctor or therapist about which exercises will best help you meet your rehabilitation goals. Regular activity has also been show to drastically improve mood, decrease healing times & slow the aging process!

**Warm-up** before doing the following exercises with 5 to 10 minutes of low impact activity, like walking or stationary biking.

**Ask questions** if you are not sure how to perform an exercise, or how often to do it, contact your doctor, therapist or trainer.



**Squat**



**Lunge**



**Straight-leg Deadlift**

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**Prescription** (your doctor or therapist will circle desired exercises above and give appropriate directions on how to perform)

\_\_\_\_\_ reps, \_\_\_\_\_ sets, \_\_\_\_\_ seconds to hold, \_\_\_\_\_ times/day or week