

## Mobility testing

To check your mobility, try these movements that demonstrate everyday activities. Speak with your knee specialist about any knee pain or discomfort you experience while performing these movements.

### Walking / Pushing a cart



While walking through a store, lean forward slightly without hunching on the cart. Rest your weight slightly on the cart. Walk several steps forward, pushing off your back leg and using your buttocks and hips. Step forward, landing squarely on the heel of your foot, roll forward onto the ball of the foot, and raise the heel to push off with your big toe.

### Bending



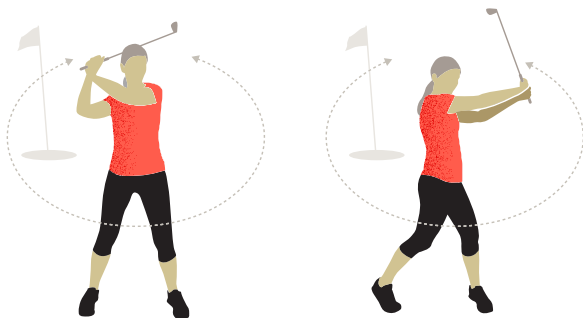
Bend forward driving your hips back, slightly bending your knees, and keeping your back straight and abdominal muscles tight. Reach forward as if you were watering flowers.

### Getting in & out of a car



Pretend as if you are about to get in/out of a car. Extend then bend your left leg at the hip and knee. Plant your foot and push down, activating the front and back of your thigh, your hip and buttocks to stand then sit. Keep your abdominal muscles tight.

### Swinging a golf club

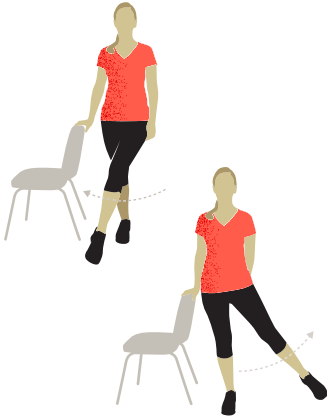


Pretend to hold a golf club with one hand over the other. Twist your hips and swing the club, making sure you follow through completely. Keep your abdominal muscles tight.

## Stretch and strengthen: knees

Having strong muscles is a good way to keep knees healthy and help prevent further injury, which is why exercise and stretching are so important. Warm-up by performing five to ten minutes of light activity (e.g., walking), prior to performing the following exercises.

### Adduction/Abduction



**You will feel these exercises on the sides of your thighs, your hips, and buttocks.**

**How to:** Hold onto a bar or the back of a chair to maintain balance. Slightly lift the opposite leg, planting your weight on your supporting leg. Tighten your thigh muscles in your lifted leg. Slowly move your lifted leg across your planted leg, and then out as shown. Hold for three to five seconds. Slowly return to start and repeat for other leg.

Perform two to four sets of 8-12 repetitions for each leg.

**Do:** Focus on your supporting leg because it is working just as hard as the moving leg. Perform the exercise slowly, under control, and through the full range of motion. Breathe out during exertion.

**Do not:** Lock the knee of your supporting leg. Do not arch your back or lean to either side during these exercises. Do not hold your breath.

### Quadriceps stretch



**You should feel this stretch in the front of your thigh.**

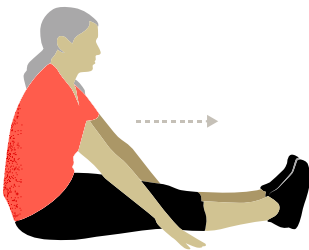
**How to:** Hold on to a wall or the back of a chair for balance. Lift one foot and bring your heel up toward your buttocks. Grasp your ankle with your hand and pull your heel closer to your body. Hold the stretch for 30 seconds. Switch legs.

Perform two to four repetitions for each leg.

**Do:** Keep your knees close together. Stop bringing your heel closer when you feel the stretch. Hold the stretch at the point of tightness and breathe normally.

**Do not:** Arch or twist your back. Do not hold your breath.

### Hamstring stretch



**You should feel this stretch at the back of your thighs and behind your knees.**

**How to:** Sit on the floor and with both legs straightened in front of you. Keep your feet neutral, making sure to not point or flex them to the point of tightness. Place your palms on the floor and slide your hands toward your ankles, keeping your back and legs straight. Once you reach a point of tightness in the back of your thighs, stop and hold that position for 30 seconds.

Perform two to four repetitions.

**Do:** Keep your chest open and back long, reaching from your hips. Hold the stretch at the point of tightness and breathe normally.

**Do not:** Round your back, try to bring your nose to your knees, or lock your knees. Do not hold your breath.

## Stretch and strengthen: knees

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### Supine straight leg raises




**This movement is primarily working the hip flexors (tops of thighs), but you will also feel this exercise in the abdominal muscles and hamstrings.**

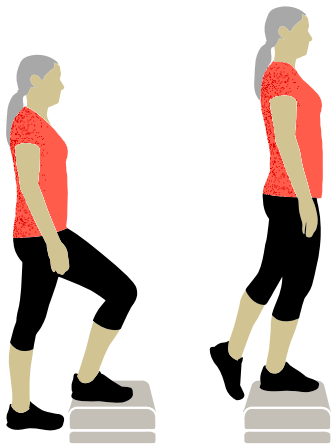
**How to:** Lie flat on your back with your arms at sides, one leg bent and the other straight. Keeping your toes pulled toward your shin, tighten the thigh muscles in your straight leg and slowly lift it straight up, until it is about a foot off the floor. Hold it for three to five seconds. Slowly lower your leg to the floor.

Repeat and switch sides. Perform two to four sets of 8-12 repetitions for each leg.

 **Do:** Keep your upper body relaxed. Tighten your abdominal muscles to keep your lower back flat against the floor at all times. Perform the exercise slowly, under control, and through the full range of motion. Breathe out during exertion.

 **Do not:** Arch your back or lift your leg too high with a jerking motion. Do not hold your breath.

### Quadriceps stretch





**This movement is primarily working your quadriceps, but you should feel this exercise in the front and back of your thighs, hips, and buttocks.**

**How to:** Use a small, sturdy stool or platform. Pushing primarily on your lead foot, step one foot onto the platform. Lift your other foot off the floor, letting it hang loosely off the platform.

Try to hold for three to five seconds, keeping your abdominal muscles tight while maintaining an upright posture. Slowly lower your hanging foot to the floor, and then bring your stepping foot down.

Repeat and switch sides. Perform two to four sets of 8-12 repetitions for each leg.

 **Do:** Make sure that when you step up, your whole foot is on the platform. Use a wall to help you balance, if necessary. Perform the exercise slowly, under control, and through the full range of motion. Breathe out during exertion.

 **Do not:** Lock the knee that is stepping on the platform or continue the exercise with bad form. Do not hold your breath.