

Knee Extension



Range of Motion – Knee Extension Sitting

1. Sit with your leg/heel propped on another chair as shown. You may also prop your feet up on a rolled up towel, a table or a foot stool.
2. Relax, let gravity straighten out your knee.
3. Hold this position for 10 seconds.
4. Repeat exercise 8 to 12 times, six times per day.



Range of Motion – Knee Extension, Prone

1. Lie on your stomach on a bed or sturdy table with your knees and legs off the table. The kneecap should be off the edge of the bed or table.
2. Allow gravity to straighten your knee for you.
3. Hold this position for 10 to 20 seconds.
4. Repeat exercise 8 to 12 times, six times per day.