

Lisa M. Satalino, PT
415 Pinkster La.
Slingerlands, NY 12159
518-339-5792
crescentviewpt@yahoo.com
lisasatalino.com

Knee Stabilization Exercises

1. Short Arc Quads:
 - Place your knee over a bolster.
 - Slowly straighten your knee and then lower.
 - Make sure your foot is moving directly up and down and not to either side.
2. Graduated Straight Leg Raises:
 - Do a “quad set” by pushing your knee into the ground.
 - Raise your leg 4 inches and hold for 5 seconds.
 - Raise 4 more inches and hold for 5 seconds.
 - Lower 4 inches and hold for 5 seconds.
 - Lower all the way to the ground and repeat.
3. Straight Leg Raise with leg turned out
 - Lie on your back with your leg straight. Bend opposite leg to support your back.
 - Turn your leg out by rotating your hip. (Toe out)
 - Slowly lift your leg toward the ceiling.
 - Slowly lower to ground.
4. Adductor Strengthening:
 - Lie on your side.
 - Bend your top leg and place it in front of your body.
 - Lift your bottom leg straight up to the ceiling.
 - Slowly lower and repeat.
5. Abductor Strengthening:
 - Lie on your side.
 - Lift your top leg toward the ceiling while keeping your knee forward (Don't let knee rotate upward or downward.)
 - Slowly lower and repeat.
6. Knee Extensions:

- Start in a sitting position.
- Place an ankle weight on your leg.
- Slowly straighten knee and slowly lower back to starting position.

7. Knee Flexion:

- Start in a standing position.
- Place an ankle weight on your leg.
- Slowly bend knee upward and slowly lower back to starting position.

8. Graduated Knee lunges in Mirror:

- Stand facing the mirror.
- Place one leg forward and slowly lunge downward.
- The important part of this exercise is to watch your knee cap. Your leg should not go inward or outward. Only lunge as far as you can with control.
- Progress to holding weights in each hand.

9. “Stick it” Exercise:

- Stand on a mat or block and face the mirror.
- Jump off of the mat/block and monitor your knee position.
- Do not allow your knee to deviate inward or outward.
- Progress to one legged jump.

10. Climb stairs forward, sideways, and in a grapevine while making sure your knee moves without shifting inward.