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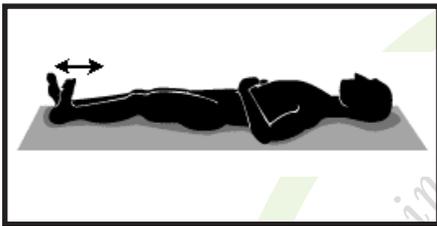
KALP HEALTH CARE

PHYSIOTHERAPY & REHABILITATION CLINIC

(Register Under Delhi Council For Physiotherapy)

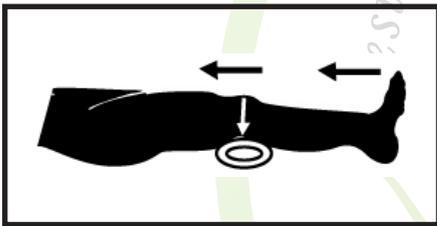
KNEE EXERCISES

1. ANKLE TOE PUMPS

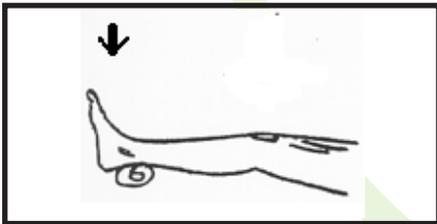


A. While lying straight on back move the foot in and out (10 repetitions)

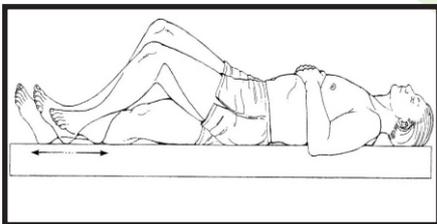
2. KNEE STATICS AND RANGE OF MOTION EXERCISE



B. Place a roll of towel under the knee and then without lifting the heels press the towel roll with the knees.
(Hold it for 10 seconds and then release, 10 repetitions)

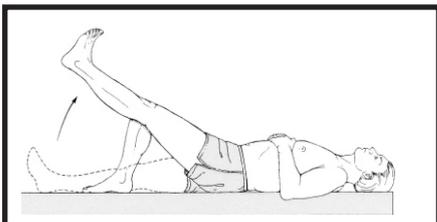


C. Place a roll of towel under the heel and press the towel roll with the heel of foot.
(Hold it for 10 seconds and then release, 10 repetitions)

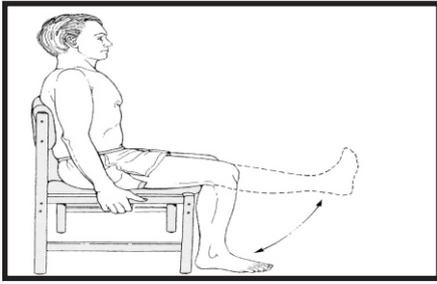


D. HEALTH CARE

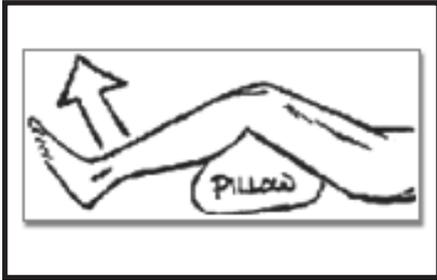
A. In straight lying position, drag the heel on the bed bending the knee till buttock and then straighten it. (10 repetitions)



E. A. Lying straight raise the leg slowly till 45 degree keeping the knee straight (Hold it for 10 seconds) and then lower it slowly.
(10 repetitions)

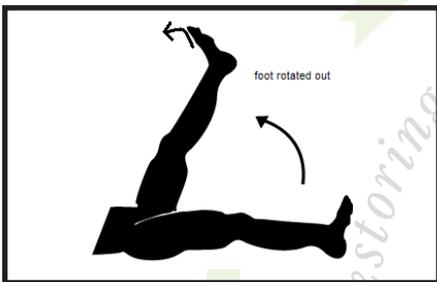


F.
Sitting on the chair or bed side with leg hanging down, pull each leg up and hold it for 10 sec and then lower it down slowly. (10 repetitions).



G.
While lying on back. Place a pillow, below the knee and then raise the leg.(10 repetitions)

VMO STRENGTHENING



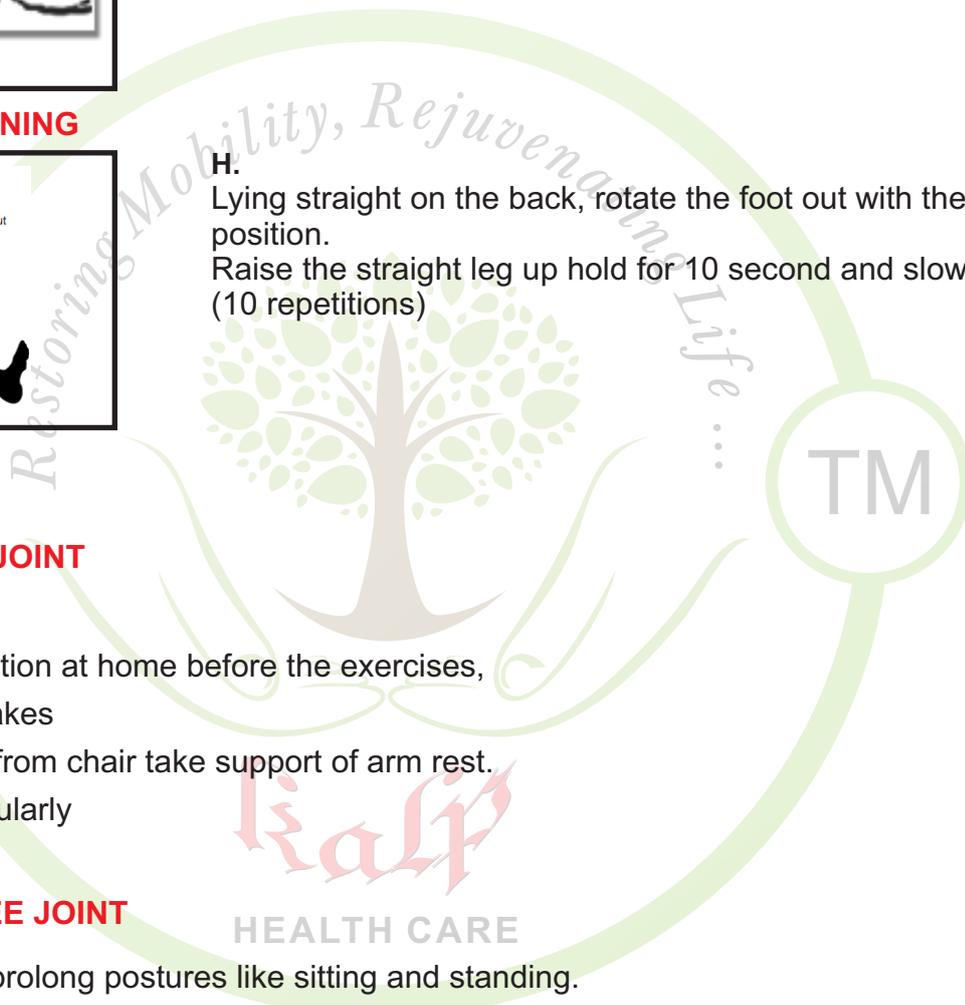
H.
Lying straight on the back, rotate the foot out with the knee in straight position. Raise the straight leg up hold for 10 second and slowly bring it down. (10 repetitions)

DO'S FOR KNEE JOINT

- 1.Reduce weight
- 2.Take hot fomentation at home before the exercises,
- 3.Take frequent brakes
- 4.While getting up from chair take support of arm rest.
- 5.Do exercises regularly

DON'TS FOR KNEE JOINT

- 1.Do not maintain prolong postures like sitting and standing.
- 2.Avoid sustained posture of knee bending like cross legged sitting, squatting.
- 3.Avoid unsupported climbing of stairs
- 4.Do not walk for long distances continuously.
- 5.Do not walk carrying heavy weights.
- 6.Do not walk without walking aid or supporting aid (if prescribed).
- 7.Do not do heavy exercises.



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