Introduction:
This DonJoy FLEX knee therapy kit is designed to help you regain normal use of your knee.

This booklet contains a variety of simple exercises that will aid in strengthening the muscles surrounding your knee. These exercises, when done consistently and properly, will help you rehabilitate your knee and speed your recovery.

By diligently following this conservative home program, you and your physician can more effectively communicate about your injury and further your road to recovery.

Perform exercises slowly and carefully.

Perform exercises only as directed by your Healthcare Professional.

Consult your Health Care Professional if you experience any unusual pain or an increase in discomfort as a result of performing these exercises.

Exercises are illustrated for the Right leg as the affected leg.

**WARNING:** This product contains natural rubber latex which may cause allergic reactions in some individuals.
Package Contents

A. - Pillow
B. - Weight Bag
C. - Door Adapter Strap
D. - Ankle Strap
E. - Resistant Tubing, 2 colors
   Red = Easiest, Black = Hardest
F. - “Bulldog” Stretching Strap
G. - Squat Tubing

Pillow

Open valve and inflate as fully as possible. Close tightly and reinsert into body of pillow. Do not use compressor to inflate.

Weight Bag

Fill each half of the bag (both sides) to the desired weight marking. Each marking indicates the weight for that particular half. For example, filling both halves to 5 lb mark = 10 total lbs.

For appropriate storage, leave plugs open to allow bag to dry out.

*Refer to attachment instructions on page 18.
# Range of Motion

1. **Wall Slides (best to wear socks)**

Start position with leg bent at 90° angle. Lying on the floor, slowly slide the affected leg down the wall by bending your knee as far as possible. Hold for 5-10 seconds, then slowly help raise the affected leg back using the unaffected leg.

2. **Passive Knee Flexion**

Using the “Bulldog” Stretching Strap, put your foot through the loop and position yourself on your stomach on the floor. Grip the handle with your hand, and gently pull until your knee is flexed to the point of tightness. Hold for 5-10 seconds, then relax.

*Refer to attachment instructions on page 18.

3. **Passive Knee Extension**

Fill each half of the Weight Bag with water to the desired weight. Sit on the floor with the inflated pillow under your ankle. Place the Weight Bag over your knee. Allow for full extension by relaxing your muscles.

4. **Prone Leg Hang**

Lie on the floor on stomach with the pillow under your knee to allow your leg to hang freely (This may also be done with having your knee hanging just off the end of the bed). To assist in gaining full extension, the Weight Bag may be hung over your heel.
5. **Calf Stretch**

With rear leg straight and heel on the floor, stand against the wall. Lean towards the wall until the calf is tight. Make sure not to bounce. Hold for 10 seconds, then relax.

6. **Groin Stretch**

Sitting on the floor, position your feet together, and firmly push your knees inward against your elbows, hold for 10 seconds, and relax.

7. **Hamstring Stretch**

Using the “Bulldog” Stretching Strap, put your foot through the loop and grab the other end. Lie on your back and keep your leg straight. Pull the strap until your leg is tight. Hold for 5-10 seconds and relax. Repeat.

*Refer to attachment instructions on page 18.*
Strengthening Exercises

8. **Quad Set**

Sit on the floor with your legs straight out in front of you, keeping your toes pulled back towards you. Tighten your thigh muscle, trying to emphasize the inside part of your quads. Hold for 5-10 seconds, then relax.

9. **Straight Leg Raises**

Lie on your back with your unaffected leg bent. Tighten the front thigh muscle of the affected leg as much as possible. Slowly lift the leg as high as the other knee. Bring the leg down slowly and touch the floor.

10. **Toe Raises**

Stand against the wall and spread your feet shoulder width apart. Raise your toes as high as possible. Hold for 5-10 seconds, then relax.

11. **Calf Strengthening**

Attach the ankle strap to the desired color resistance tube. Sit on the floor with the ankle strap around your forefoot. Grab the other end of the tube, taking up the slack as necessary. Point your toe away from you while holding the end of the tube.
12. **Short Arc Knee Extensions without Resistance**

Lie on the floor with your unaffected knee bent. Place the inflated pillow under your affected knee. Tighten your quad muscles and lift your heel off the ground without lifting your knee off the pillow. Keep your knee straight as possible and hold for 5-10 seconds. Slowly lower your foot down to your heel.

13. **Straight Leg Raises with Weight**

Fill each half of the Weight Bag with water to the desired weight. Lie on your back with your unaffected leg bent. Place the Weight Bag on your foot with your toes through the hole. Tighten the front thigh muscle of the affected leg as much as possible. Slowly lift your leg as high as the other knee. Relax and bring down slowly, touching your heel to the floor.

14. **Short Arc Knee Extensions with Weight**

Fill each half of the Weight Bag with water to the desired weight. Lie on the floor with your unaffected knee bent. Place the inflated pillow under your affected knee. Place the Weight Bag on your foot with your toes through the hole. Tighten your quad muscles and lift your heel off the ground without lifting your knee off the pillow. Keep your knee straight as possible and hold for 5-10 seconds. Slowly lower your foot down to your heel.
15. **Resistive Knee Extension**

Connect the ankle strap and tubing and attach to your ankle. Sitting in a chair facing **away** from the door, place the pillow under your affected knee. Start with your affected knee bent at 90°, and straighten your leg.

*Refer to attachment instructions on page 18.

16. **Hamstring Strengthening**

Connect the ankle strap and tubing and attach to your ankle. Sit in a chair facing towards the door. Start with your affected leg straight, then bend your knee to 90°.

*Refer to attachment instructions on page 18.

17. **Hip Flexion**

Connect the ankle strap and tubing and attach to your ankle. Stand facing away from the door and use a chair to balance yourself. Raise your leg up, making sure to keep it straight. Lower it back to the starting position.

*Refer to attachment instructions on page 18.

18. **Hip Extension**

Connect the ankle strap and tubing and attach to your ankle. Stand facing towards the door and use a chair to balance yourself. Raise your affected leg backwards, making sure to keep it straight. Lower it back to the starting position.

*Refer to attachment instructions on page 18.
19. **HIP ADDUCTION**

Connect the ankle strap and tubing and attach to your ankle. Stand facing **sideways** to the door and use a chair to balance yourself. Pull the affected leg across the other leg, making sure to keep it straight. Lower it back to the starting position.

*Refer to attachment instructions on page 18.

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20. **HIP ABDUCTION**

Connect the ankle strap and tubing and attach to your ankle. Stand facing **sideways** to the door and use a chair to balance yourself. Pull the affected leg away from the door and your other leg, making sure to keep it straight. Lower it back to the starting position.

*Refer to attachment instructions on page 18.
21. **SQUAT TO “KNEES COVER TOES”**

Stand with your feet shoulder width apart. Keeping your feet as straight as possible, bend at your knees until they barely cover your toes when you look down. Make sure to keep your weight mostly on your heels, and your back straight. Return up so your knees are again almost straight, but not “locked”.

22. **SQUATS WITH RESISTANCE (2 LEGS)**

Using the squat tubing, place both feet on the foot panel. Hold the handles at your sides until tubing is taut. Squat down to 90°. Hold for a one (1) count and return up.

23. **SQUATS WITH RESISTANCE (1 LEG)**

Using the squat tubing, place one foot on the foot panel. Hold the handles at your sides until tubing is taut. Squat down on one leg to 90° degrees. Hold for a one (1) count and return up.
24. Heel Touchdowns

Stand with the affected leg on a phonebook or step, and leave other leg hanging off with toes pointing upward. Bend at the knee and touch the floor with your heel. You may use a chair for balance.

25. Single Leg Balance

Stand on your affected leg only, and balance for 5-10 seconds.
Attachment Instructions

Door Attachment
Clip the door adapter strap to plastic loop or the appropriate resistive tubing (Red-easiest, black - hardest). Using the adapter strap place between door jamb and door. With the door ajar, push the “knobbed” end of the adapter strap through the opening. Adjust for height. Completely close door.

Test for security prior to doing any exercises.

“Bulldog” Stretching Strap to Ankle Strap
When using the “Bull Dog” Stretching Strap, make sure the ankle strap is attached. Clip the ankle strap to the plastic loop on the “Bull Dog” stretching strap. Pull to test for secure fit.

Resistive Tubing to Ankle Strap
Clip the ankle strap to the loop on the resistive tubing. Pull to test for a secure fit.
### Exercise Protocol

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<th>3</th>
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<td>Functional:</td>
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Do exercises ____ times per day.

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Dr. ________________________________

For ________________________________
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