Knee Sling Exercises

Have your bed flat and follow your precautions for all exercises.

- **Hip Exercise - Out to the Side**
  
  Tighten front thigh muscle to keep the knee straight. Raise your leg high enough to clear the bed. Move it out to the side. Hold 5 seconds. Slowly return to starting position.
  
  - Repeat 10 times.

- **Terminal Knee Extension**
  
  Pull the triangle to help the knee to bend about 30 °. Lift your heel off the bed to straighten the knee. Hold 5 seconds. Slowly bend your knee back to starting position.
  
  - Repeat 10 times.

- **Heel Slides**
  
  Pull the triangle down to slide your heel toward the buttock. Bend your knee as far as comfortable. Hold 5 seconds. Slowly return to starting position.
  
  - Repeat 10 times.

- **Straight Leg Raise**
  
  Tighten the front thigh muscle to keep the knee straight. Pull the triangle down to help lift the leg 5-6 inches from the bed. Hold 5 seconds. Slowly return to starting position.
  
  - Repeat 10 times.

If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.