

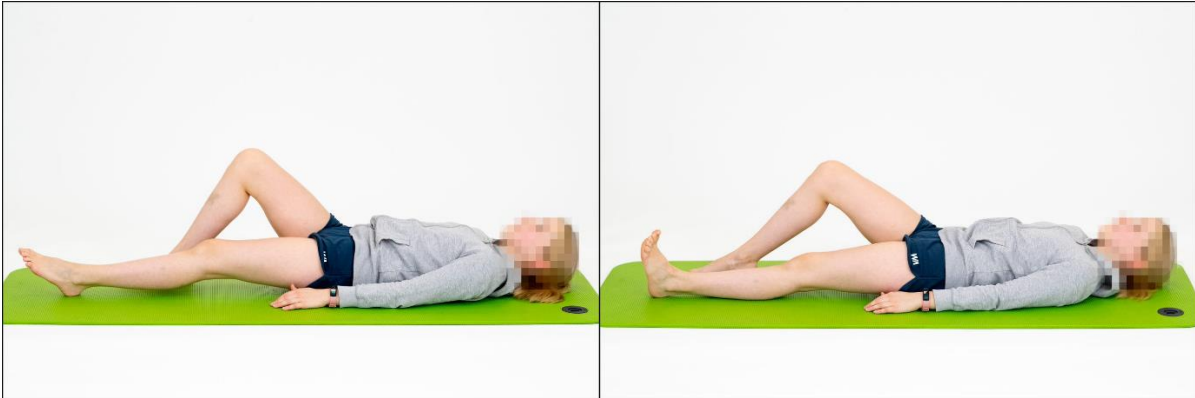
## Exercises for recovering knee range of motion after a cast

The aim of these exercises is to help recover normal mobility and functional ability. Don't be worried if the full movement path is not possible. The movements may feel stiff in the beginning and you may feel sensations in the joint and in the fracture area. Mobility will return gradually in 3–4 weeks. It is important to practice actively several times a day. You cannot overdo the exercises. Practice within the limits allowed by pain.

### Exercises



Exercise 1: Active knee bends and extensions. Sit with your leg straight. You can support your back. First straighten the knee as much as you can, assisting with your hands if necessary. Then bend your knee by sliding the heel towards the buttock. Bend the knee as much as you can, assisting with your hands if necessary. Bend the knee until you feel a stretch in the knee region. After that, straighten the knee as much as you can and start from the beginning.



**Exercise 2: Tension of front of thigh.** Lie on your back or sit with your other leg bent and the leg you are exercising straight on the floor. Bend the ankle and press the back of the knee towards the floor by tensing your thigh muscles. Hold the tension for 5–10 seconds and relax the leg. If necessary, you can place a rolled towel under the back of the knee.



**Exercise 3: Lifting a straight leg while lying on your back.** Lie on your back with the other leg bent and its sole against the floor and the leg you are exercising straight. Bend the ankle, tense the muscles in the front of the thigh and lift the leg straight about 20–30 cm off the floor. Hold the tension for 5–10 seconds. Lower the leg slowly back on the floor.



Exercise 4: Stand with good posture. Keep your weight evenly on both legs and use support if necessary. Rise onto your toes and return to the starting position, slowing down the movement.

### **Returning to free-time physical activity and to physical education at school**

You can resume free-time physical activities and go back to physical education classes when the range of motion of the knee and the ankle are normal and you can move them without symptoms. In practice, you must be able to fully straighten the knee and bend it as much as the other knee. You can assess the movement of the ankle by rising on your toes. You should be able to lift your heels equally high and when you squat, your heels should stay on the floor or rise from the floor at the same time.

### **Contact information**

Pediatric Surgery Outpatient Clinic, New Children's Hospital, helpline 09 471 73006 (select 3), Mon–Fri 8–11 and 13–14.