




Knee Health Promotion Center, Tzu Chi Medical Foundation
Knee Health Promotion Option (KHPO) Rehabilitation exercise log

Leg raise	Key points 1. Raise one leg with the knee extended 2. Flex the ankle toward the body 3. Raise that leg to the height of the butt 4. Alternate and do the same with the other leg. (Hold 10 seconds, rest, 10 repetitions in one round. Four rounds in one day)
	Date
	morning
	midday
	evening
	before bed
	Date
	morning
	midday
	evening
	before bed
Press knee	Key points 1. Knee in midair 2. Both palms on the knee, steadily pressing down (Hold 10 seconds, rest, 10 repetitions in one round. Four rounds in one day)
	Date
	morning
	midday
	evening
	before bed
	Date
	morning
	midday
	evening
	before bed
Knee hug	Key points 1. Grab the ankle with both palms, slowly pull the ankle toward the body. (Hold in this position for 30 secs to 2 mins, repeat this 4 times per
	Date
	morning
	midday
	evening
	before bed
	Date
	morning
	midday
	evening
	before bed
1. Use a comfortable, stable chair with a back. 2. Patience and persistence are of the essence in rehabilitation. 3. If you have any questions while doing these exercises, please contact the Knee Center.	
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