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Obtaining Knee Extension

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Obtaining Knee Extension

It is extremely important for the knee to be able to achieve its full natural straightening or “extension”.

Studies have shown that it is the most important factor in obtaining a good result after Anterior Cruciate Ligament Reconstruction for example.

Arthritis:

We have also found that obtaining knee extension is very effective in reducing pain in patients with knee arthritis.

When the knee will not straighten this is called a flexion contracture. I will tell you in the office if you have one. Our physical therapist can show you home exercises to help straighten it.

However for severe cases it is absolutely essential that another person, a physical therapist, spouse, friend or someone else, push aggressively on the knee to help it straighten. Properly done this may be painful but is completely safe although it should not be done if you have had a knee replacement, as fracture could result.

Duration:

It may take weeks, months or over a year to achieve maximum straightening of an arthritic knee. Maintenance stretching must be maintained indefinitely. The payoff is that knee replacement surgery may be avoided.

PRP—Stem Cell Injection:

We prefer to obtain knee extension before these treatments, as greater extension increases the chances of a good result.

Website Video

On our website, ismoc.net, click the “VIDEO” link. Then click the “Physical Therapy” button. Then select the video that says “Obtaining knee extension”. This will show you the proper technique. This should be done in sets of 20, at least once daily.

You should lay down on a carpeted floor and relax. The top of the tibia bone, about 2 inches below the bottom of the kneecap is then pushed on by someone who is kneeling next to you for 10 seconds. Then rest 10 seconds, then push again for 10 seconds—a total of twenty times.

It will be painful while it is being done but in most cases you will feel immediate reduction in pain when you walk afterward.