

Leg Exercises



Supine Hip & Knee Flexion: Set up Knee Glide® so it is parallel to ground. Lie flat on back and place foot on the plate. In this position, the hip and knee may easily be flexed.



Supine Hip Abduction and Adduction: Set up Knee Glide so it is at a right angle to leg. Lie flat on back and place foot on the plate. With the knee straight, allow the hip and leg to easily abduct and adduct.



Seated Knee Flexion: Knee Glide and handle should be flat on the ground. Place foot on the plate, then easily flex and extend the knee.



Seated Knee Flexion with Overpressure: Knee Glide and handle should be flat on the ground. Place foot of the leg with restricted knee flexion on the plate. Warm up with repeated knee flexion and extension. Then place the heel of the opposite foot on top and use it to push the plate back into flexion and stretch the knee.



Seated Incline Quadriceps: Knee Glide® should be placed on the ground with handle in raised position farthest from you. Place foot on the plate. Flex and extend the knee with increased emphasis on quadriceps strengthening.



Seated Decline Hamstring: Knee Glide should be placed on the ground with handle in raised position closest to you. Place foot on plate. Flex and extend the knee with increased emphasis on hamstring strengthening.



Seated Incline Quadriceps with Weight: Place a cuff weight around the ankle. Knee Glide should be placed on the ground with handle in raised position farthest from you. Place foot on the plate. Flex and extend the knee with increased emphasis on quadriceps strengthening.



Seated Decline Hamstring with Weight: Place a cuff weight around the ankle. Knee Glide should be placed on the ground with handle in raised position closest to you. Place foot on the plate. Flex and extend the knee with increased emphasis on hamstring strengthening.

Shoulder Exercises



Standing Parallel Shoulder Movement: Place Knee Glide® on a table in front of you, parallel to the ground. Place the hand of the painful or restricted shoulder on plate with fingers pointing forward. Keep elbow straight and lean on the arm. This slides the head of the humerus back in its socket. Keep pressing on the plate while sliding it forward and back as far as you can without pain. Stop if you experience pain.



Standing Shoulder Flexion: Securely attach Knee Glide to the wall, perpendicular to the ground. Face Knee Glide squarely. Place hand of involved shoulder on the plate. Gently work the shoulder into flexion.



Standing Shoulder Abduction: Securely attach Knee Glide to the wall, perpendicular to the ground. Stand beside Knee Glide with the involved shoulder facing the device. Place hand of involved shoulder on the plate. Gently work the shoulder into abduction.

Let's Glide

Thank you for purchasing the Knee Glide®. Created by physical therapists Robert Schrupp and Bradley Heineck, the Knee Glide is an easy-to-use tool for rehabilitation of the lower and upper extremities. It is ideal for anyone recovering from knee replacement or surgeries (ACL, PCL), hip replacement or fracture, shoulder replacement or surgeries (rotator cuff, etc.) or stroke. It is also safe for those with arthritis or risk of falling, since exercises can be performed in a seated or supine position.

Benefits of Use

Your Knee Glide is designed to help you recover from injury or surgery (rehab), as well as aid in injury prevention (prehab). Specific benefits of use include:

- Increased range of motion
- Improved joint and muscle strength
- Promotion of synovial fluid (reduces friction in joints)
- Increased bloodflow

Instructions

Place the foot or hand on the plate for easy movement back and forth along the track. The device slides smoothly, allowing for low-impact exercise. A folded towel may be placed on the plate for added comfort. For stability and safety, flexion and abduction shoulder exercises should be performed with the unit securely attached to the wall.



Warning: Please Read before Use

For your safety, **DO NOT stand on this device**. Consult your healthcare professional before starting any type of exercise program, especially if you have health concerns. Stop exercise immediately if you experience pain, dizziness, or shortness of breath. Additionally, do not use this product if you have the following:

- Weight bearing restrictions on the knee or ankle
- Weight bearing restrictions on shoulder, elbow, wrist, or hand
- Range of motion restrictions on hip, knee, or ankle
- Range of motion restrictions on shoulder, elbow, wrist, or hand
- Deep vein thrombosis (blood clot) in the affected leg



KneeGLIDE®

An easy-to-use tool
for rehabilitation of lower
and upper extremities

Also check out these other great products
by Bob & Brad



Workout Wall Anchor



Grip & Forearm
Strengthener

KneeGLIDE®

by
Bob AND Brad

1117 E Mark St
Winona, MN 55987

bobandbrad.com | Made in the USA

CONDITIONS OF SALE, WARRANTY, LIMITATIONS

Famous PT, LLC, warrants that this product is free from manufacturing defects, is fit for the ordinary purposes for which such goods are used, and conforms to the descriptions stated herein or on the product labels or containers. Results should be obtained if this product is used according to directions and recommendations of healthcare professionals. Unintended consequences may result because of such factors as improper use or placement of the product or use without consultation with a healthcare professional, all of which are beyond the control of Famous PT, LLC, or the seller. Inasmuch as Famous PT, LLC, has no control over the manner in which others may use this product, it does not guarantee the results to be obtained. All such risks shall be assumed by the buyer.



Item #: 4035

WARNING:
Do Not Stand on Device

**Bob
AND
Brad**