

How to perform Quad Sets: the most important Exercise in knee Rehabilitation

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Quad Sets

- Lay on your back or in long sitting position as shown in the picture.
- Place a rolled towel behind knee.
- Try to push down the towel with your knee cap while contracting/tightening quadriceps muscles.
- **Hold it for 3 to 5 seconds** in pain free range. Increase the hold to 10 to 15 seconds.

Don'ts While Performing Quad Sets:

1. Don't hold your breath.
2. No pain while performing the exercise
3. No visible knee movement while performing quad sets.
4. Make sure you are not pushing down or using heels or back during this exercise
5. Sit or stand straight. No leaning backwards or forwards during quad sets.

When to Perform Quad Sets:

- Knee rehabilitation: s/p total knee or arthroscopy
- Hip rehabilitation: like total or partial hip replacement
- Arthritis: [OA](#) or [RA](#)
- Knee ligament injuries
- S/p Knee ligaments repairs
- Knee meniscus repair
- [Reduces knee pain](#), mainly chronic pain
- Can be used as a part of relaxation techniques: contract-relax method during a spasm.