📝 Sitting and Driving Pain-Relief Rehab Plan

Physical Therapy Simplified

Doctor of Physical Therapy–Designed Home Program to Help You Sit and Drive Without Pain

This segmented rehab plan helps you reduce pain, build strength, and relieve knee tension to allow you to sit and drive without pain. Follow the exercises phase by phase, and only move forward when pain is well managed.

🟩 Strengthening Exercises

Short Arc Quad (SAQ)

Purpose: Activate and strengthen the quadriceps through a small, pain-free range
Benefits: Improves knee support and circulation during long sitting periods
How to Do It:

- Lie on your back with a rolled towel under your knee
- Tighten your thigh and lift your heel until your knee straightens
- Hold 3 seconds, lower slowly, repeat 15x for 2 sets
  Pro Tip: Add a 1–2 lb ankle weight for a greater challenge

Long Arc Quad (LAQ)

Purpose: Strengthen the quads in a sitting position
Benefits: Builds control for standing after prolonged sitting or driving
How to Do It:

- Sit tall with feet flat on the floor
- Slowly straighten one knee fully, tightening the thigh
- Hold 3 seconds, lower slowly, repeat 15x for 2 sets
  Pro Tip: Place a small rolled towel behind your back to maintain posture

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Bridge with Band

Purpose: Strengthen glutes and hamstrings to reduce stress on the knees

Benefits: Improves hip extension and posture after long sitting sessions
How to Do It:

- Lie on your back with a resistance band above your knees
- Squeeze glutes and lift hips off the floor
- Hold 2 seconds, lower slowly, repeat 15x for 2 sets
  Pro Tip: Press knees gently out into the band for added activation

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Sidelying Clamshells

Purpose: Strengthen hip rotators to support proper knee alignment
Benefits: Reduces knee strain caused by weak glutes
How to Do It:

- Lie on your side with knees bent and feet together
- Lift top knee upward, then lower slowly
- Repeat 15x, complete 2–3 sets per side
  Pro Tip: Add a small resistance band above your knees for extra challenge

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Lateral Step-Overs

Purpose: Improve coordination and strengthen hips and quads
Benefits: Builds control for walking, stairs, and sit-to-stand transitions
How to Do It:

- Stand beside a low step
- Step up with the outer leg, bring the other leg up and over
- Step down on the opposite side, then return to start
- Repeat 10x for 2 sets
  Pro Tip: Keep your knee tracking straight over your toes

🟨 Stretching Exercises

Piriformis Stretch

Purpose: Stretch the deep hip rotators that tighten during sitting
Benefits: Relieves glute and posterior knee tension
How to Do It:

- Lie on your back, cross one ankle over the opposite knee
- Pull your knee toward your chest until you feel a stretch
- Hold 10 seconds, repeat 10x per side
  Pro Tip: Keep your back straight as you lean

Heel Slides

Purpose: Improve knee flexion and joint lubrication
Benefits: Reduces stiffness and improves comfort after sitting
How to Do It:

- Sit or lie with legs straight
- Slide one heel toward your buttocks
- Hold 10 seconds, straighten, repeat 10x
  Pro Tip: Use a strap or towel under your heel if motion is limited

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Hamstring Stretch with Strap

Purpose: Lengthen tight hamstrings that limit knee extension
Benefits: Improves ease of straightening the knee and reduces discomfort
How to Do It:

- Lie on your back, loop a strap around your foot
- Straighten leg upward, keeping knee as straight as possible
- Hold 20 seconds, repeat 5x per side
  Pro Tip: Keep opposite leg flat on the floor

Prone Quad Stretch

Purpose: Stretch the quadriceps and hip flexors shortened by sitting
Benefits: Reduces tension in the front of the knee
How to Do It:

- Lie on your stomach, loop a strap around your ankle
- Gently pull heel toward your buttocks
- Hold 10 seconds, repeat 10x per side
  Pro Tip: Avoid arching your back—engage your core

Calf Stretch on Slant Board

Purpose: Improve calf flexibility and knee extension mechanics
Benefits: Reduces lower-leg stiffness that contributes to knee pain when sitting
How to Do It:

- Stand on a slant board with heels down
- Keep knees straight, lean forward slightly
- Hold 20 seconds, repeat 5x
  Pro Tip: Keep heels flat on the board the whole time.

📊 Exercise Tracker – Knee Pain When Sitting or Driving

Use this to log your consistency. Aim for **4–6 days/week** of stretching and **3–5 days/week** of strengthening. Mark a ✅ each day you complete the exercises.

Exercise	Mon	Tue	Wed	Thu	Fri	Sat	Sun
🟩 **Strengthening**							
Short Arc Quad (SAQ)	☐	☐	☐	☐	☐	☐	☐
Long Arc Quad (LAQ)	☐	☐	☐	☐	☐	☐	☐
Bridge with Band	☐	☐	☐	☐	☐	☐	☐
Sidelying Clamshells	☐	☐	☐	☐	☐	☐	☐
Lateral Step-Overs	☐	☐	☐	☐	☐	☐	☐
🟨 **Stretching**							
Piriformis Stretch	☐	☐	☐	☐	☐	☐	☐
Heel Slides	☐	☐	☐	☐	☐	☐	☐
Hamstring Stretch	☐	☐	☐	☐	☐	☐	☐
Prone Quad Stretch	☐	☐	☐	☐	☐	☐	☐
Calf Stretch on Slant Bd.	☐	☐	☐	☐	☐	☐	☐