



Knee Clicking and Popping Rehab Plan

Physical Therapy Simplified

Doctor of Physical Therapy–Designed Home Program to Reduce Knee Noise and Improve Stability

This home-based plan helps you reduce knee clicking and popping, improve mobility, and strengthen the muscles around your knee. Follow the exercises phase by phase, and only progress when movements are comfortable and pain-free.



Stretching & Mobility Exercises

◆ Hamstring Stretch with Strap

- **Purpose:** Loosen tight hamstrings behind the knee
- **Benefits:** Improves knee extension and reduces tension
- **How to Do It:**
 - Lie on your back and loop a strap around your foot
 - Straighten your leg toward the ceiling
 - Hold 20–30 seconds, repeat 2–3 times per leg
- **Pro Tip:** Keep your lower back gently pressed into the floor

◆ Prone Quad Stretch

- **Purpose:** Stretch front thigh muscles
- **Benefits:** Reduces tension on the kneecap
- **How to Do It:**
 - Lie face down and bend your knee
 - Grab your ankle and gently pull toward your glutes
 - Hold 20–30 seconds, repeat 2–3 times per leg
- **Pro Tip:** Keep hips level to avoid twisting the knee

◆ Calf Stretch on Slant Board

- **Purpose:** Improve ankle flexibility
- **Benefits:** Decreases strain on the knee
- **How to Do It:**
 - Stand on slant board with heels down
 - Lean slightly forward until you feel stretch

- Hold 20–30 seconds, repeat 2–3 times
- **Pro Tip:** Keep knees soft, don't lock

◆ **Soft Tissue Massage – Quadriceps**

- **Purpose:** Release tight tissue around kneecap
 - **Benefits:** Reduces friction and clicking
 - **How to Do It:**
 - Use foam roller or massage tool along quads
 - Roll slowly, focusing on tight spots
 - 1–2 minutes per leg, repeat as needed
 - **Pro Tip:** Pause on tender areas for 10–15 seconds
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Strengthening & Stability Exercises

◆ **Short Arc Quad (SAQ)**

- **Purpose:** Activate and strengthen quadriceps early in motion
- **Benefits:** Improves kneecap control and knee stability
- **How to Do It:**
 - Lie on back with rolled towel under knee
 - Straighten leg slowly, tightening thigh
 - Hold 3 seconds, lower slowly, repeat 15x for 2 sets
- **Pro Tip:** Add a 1–2 lb ankle weight for more challenge

◆ **Long Arc Quad (LAQ)**

- **Purpose:** Strengthen quads through full range
- **Benefits:** Builds knee control and stability
- **How to Do It:**
 - Sit tall with feet flat on floor
 - Straighten one knee fully, tightening thigh
 - Hold 3 seconds, lower slowly, repeat 15x for 2 sets
- **Pro Tip:** Place small rolled towel behind back to maintain posture

◆ **Bridge with Band**

- **Purpose:** Strengthen glutes and hamstrings
- **Benefits:** Supports knee alignment
- **How to Do It:**
 - Lie on back, knees bent, band above knees
 - Lift hips toward ceiling

- Lower slowly, repeat 10–15x for 2–3 sets
- **Pro Tip:** Keep knees aligned with toes

◆ Sidesteps with Band

- **Purpose:** Strengthen outer hips
- **Benefits:** Improves knee alignment and control
- **How to Do It:**
 - Place band above knees or ankles
 - Step sideways, keeping tension
 - 10–15 steps each direction, repeat 2–3 sets
- **Pro Tip:** Stay low and controlled

◆ Goblet Squat

- **Purpose:** Improve lower-body strength
- **Benefits:** Enhances leg coordination and knee stability
- **How to Do It:**
 - Hold dumbbell or kettlebell at chest
 - Squat hips back and down, keeping chest up
 - Return to standing, repeat 10–15x for 2–3 sets
- **Pro Tip:** Keep knees in line with toes throughout



Exercise Tracker

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