

Knee Exercises



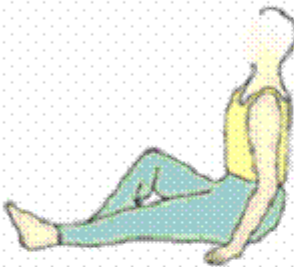
Hamstring Stretch

Hold for 30 secs. Perform 3 sets.



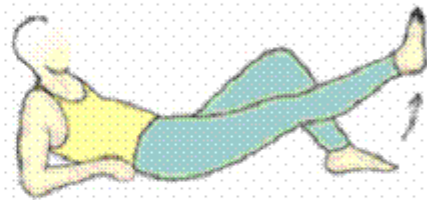
Quadriceps Stretch

Hold for 30 secs. Perform 3 sets.



Quadriceps Isometric

Sit flat on the floor and extend the affected knee until it is flat on the floor. Contract the quadriceps msl. Hold for 15 secs. Perform 3 sets.



Straight leg raise

Lie flat on the floor with both knees bent and both feet flat on the floor. Slowly raise the affected leg and straighten the knee and hold for one count. Perform 3 sets.



Lean against a wall with your back and knees at 90 degree angles. Hold for 30 secs. Perform 3 sets daily.

Wall squat with ball