

# Exercises for Knee Health

To keep your knees healthy, it is recommended you do two types of exercises: Range of Motion/Stretching and Strengthening



## Range of Motion/Stretching Exercises



### HEEL PROP

Sitting with heel supported on a coffee table or pillow with no support under the knee, let knee straighten. Additional pressure can be provided with hands or by placing a cold pack over the knee.

**Hold 5-15 minutes**



### HEEL SLIDE

Lay on your back. Slide your heel towards your bottom, bending your knee. Additional pressure can be provided by yoga strap or pillow case.

**Repeat 10 times**



### SEATED KNEE FLEXION

Sitting upright in a chair, use your heel to push your involved knee into more flexion. Alternatively, plant your involved foot on the ground and scoot your bottom forward in the chair, creating more flexion in the knee. (*Flexion refers to a movement that decreases the angle between two body parts; i.e. bending.*)

**Hold 5-10 seconds, repeat 10 times**



### PRONE QUAD STRETCH WITH STRAP

Place strap around your ankle, lay on your stomach, pull strap to bend your knee until a stretch is felt in the front of your thigh. Hold this position.

**Hold 20-30 seconds, do 2-3 reps**

### SUPINE HAMSTRING STRETCH WITH STRAP

Lie on your back. Use a strap around your foot to pull your leg up towards the ceiling, keeping your knee straight. Hold this position.

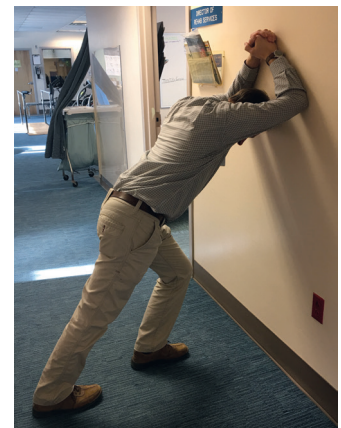
**Hold 20-30 seconds, do 2-3 reps**



### STANDING GASTROC STRETCH

Standing with your feet hip width apart, place one leg behind the other. Lean forwards with your front leg, keeping your back leg straight until you feel a stretch in the back of your calf.

**Hold 20-30 seconds, do 2-3 reps**



# Strengthening Exercises



## STRAIGHT LEG RAISE

Lying on your back, slowly lift leg while keeping knee straight. Be sure to keep your opposite knee bent.

**Do 2 sets of 10**



## SIDELYING HIP ABDUCTION

Lying on your side in a straight line, slowly lift your leg to hip height.

**Do 2 sets of 10**



## QUAD SET

Sit on the floor or bed with your legs extended out, knees slightly bent. Slowly lift your foot while pushing knee into a towel or floor. The goal is to straighten the knee.

**Do 2 sets of 10**



## KNEE SHORT ARC QUAD

Lie on your back with a pillow under your involved knee. Keeping your thigh on the pillow, lift your heel off of the ground and straighten your leg out, squeezing your quad. Slowly return to starting position.

**Do 2 sets of 10**



## STANDING KNEE FLEXION

Standing at a countertop, slowly bend your knee, keeping your thigh perpendicular to the floor.

**Do 2 sets of 10**



## CORE BRIDGE

Lie on your back with your knees bent. Lift your pelvis upwards. Don't let one side of your pelvis drop; maintain an even lift right to left.

**Hold for 2-3 seconds, do 2 sets of 10**