

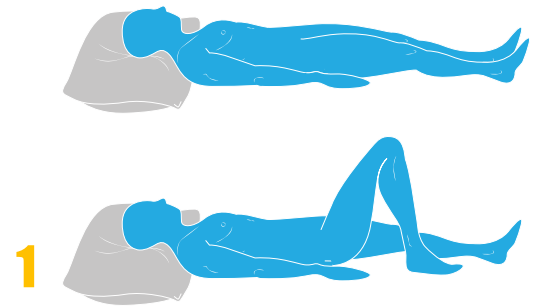
Knee Exercises

The following exercises should be performed only with the advice of your Chiropractor or Myotherapist. Starting with the basic exercises and moving onto the intermediate and advanced when your strength improves.

Knee Stretches – Basic Exercises

1. Knee Bend to Straighten

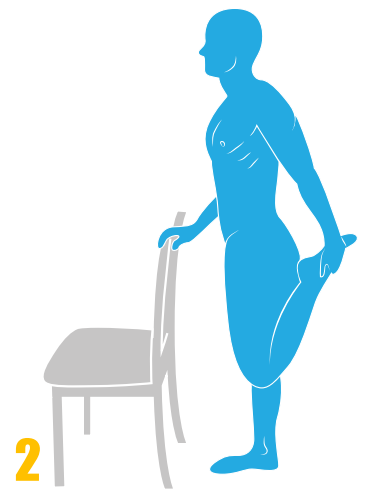
- Bend and straighten your knee as far as possible pain-free.
- Repeat 10 - 20 times.



Knee Stretches – Advanced Exercises

2. Quadriceps Stretch

- Use a table for balance.
- Lift knee towards bottom, keep knees together and back straight.
- Hold for 15 seconds and repeat 4 times.



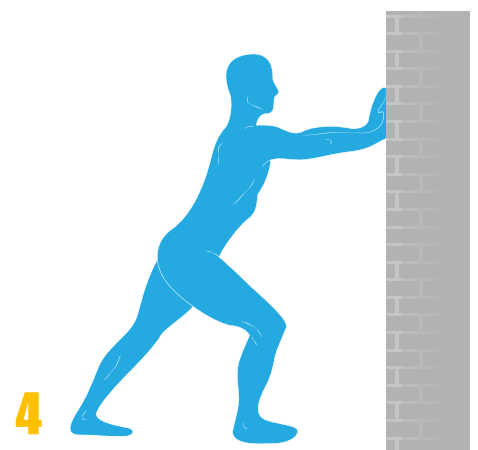
3. Hamstring Stretch

- Place foot on a step.
- Keep knee and back straight, lean forward at hips.
- Hold for 15 seconds and repeat 4 times.



4. Calf Stretch

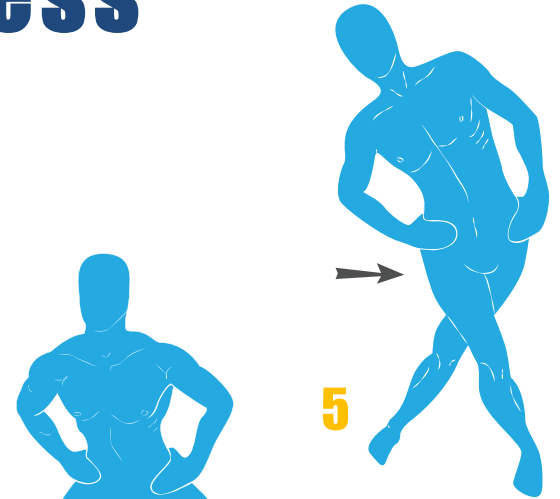
- Place hands against a wall and place leg behind you.
- Keep heel down, knee straight and feet pointing forwards.
- Gently lunge forwards.
- Hold for 15 seconds and repeat 4 times.



Knee Stretches – Less Common Exercises

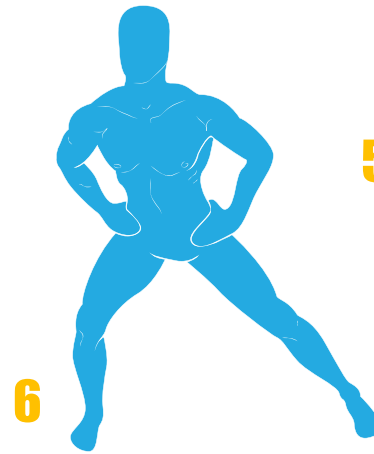
5. ITB Stretch

- Stand straight, cross and stretch one leg behind the other.
- Push your hips out to stretch the leg behind.
- Hold for 15 seconds and repeat 4 times.



6. Adductor Stretch

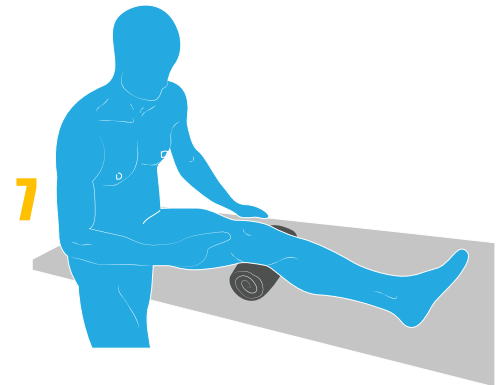
- Stand straight spread feet twice the shoulder width apart.
- Gently lunge to one side, keeping other knee straight.
- Hold for 15 seconds and repeat 4 times.



Knee Strengthening – Basic Exercises

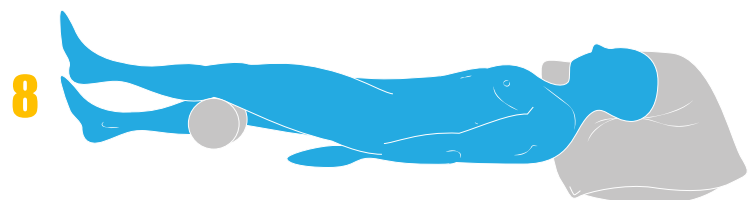
7. Static Inner Quadriceps Contraction

- Place a rolled towel under the knee
- Push the knee down into the towel to tighten the knee's front muscles.
- Hold for 5 seconds and repeat 10 times.



8. Quads Over Fulcrum

- Lye down with a rolled towel under the knee.
- Slowly straighten knee as far as possible.
- Hold for 5 seconds and repeat 10 times.



9. Static Hamstring Contraction

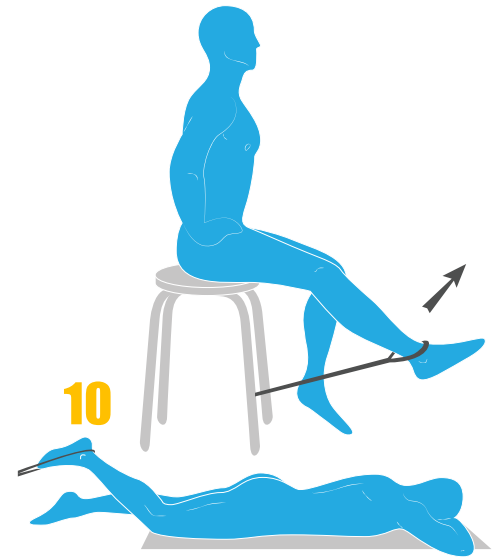
- Sit with your bent at 45 degrees.
- Press heel into the floor tightening the thigh.
- Hold for 5 seconds and repeat 10 times.



Knee Strengthening – Intermediate Exercises

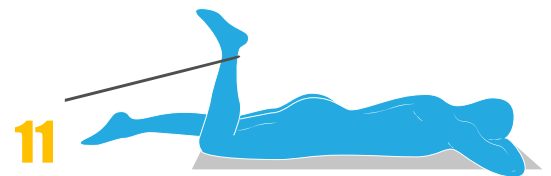
10. Knee Extension in Sitting vs. Resistance Band

- Sit with a resistance band tied around the ankles.
- Keep back straight.
- Slowly straighten knee tightening the thigh.
- Perform 3 sets of 10 repetitions.



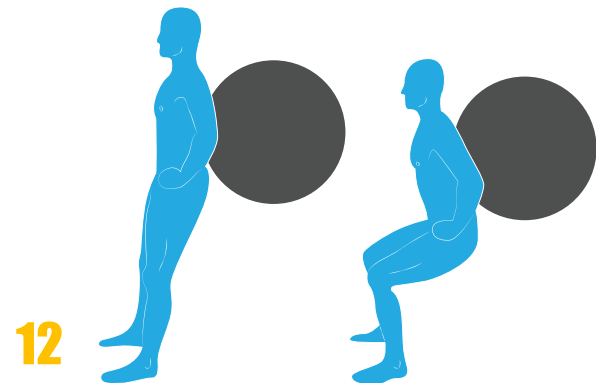
11. Hamstring Curl vs. Resistance Band

- Lye on your stomach with a resistance band tied around the ankle.
- Slowly bend knee tightening the thigh.
- Perform 3 sets of 10 repetitions.



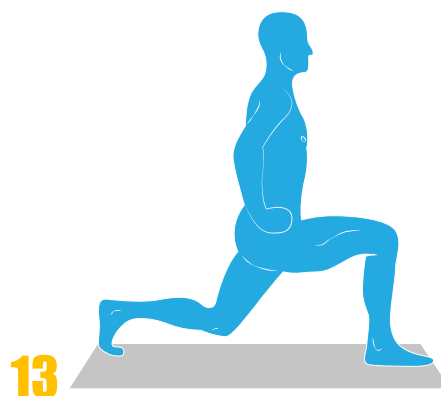
12. Squat with Swiss Ball

- Stand with feet facing forwards, shoulder width apart.
- Place a Swiss ball between a wall and your lower back.
- Slowly perform a squat, keeping back straight.
- Perform 3 sets of 10 repetitions provided the exercise is pain free.



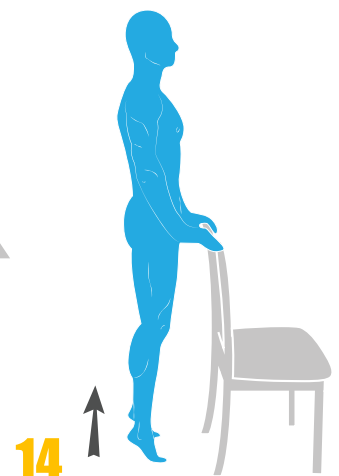
13. Lunges

- Slowly lower body into a lunge position.
- Keep knee in line with your middle toe and feet facing forward.
- Perform 3 sets of 10 repetitions.



14. Heel Raises

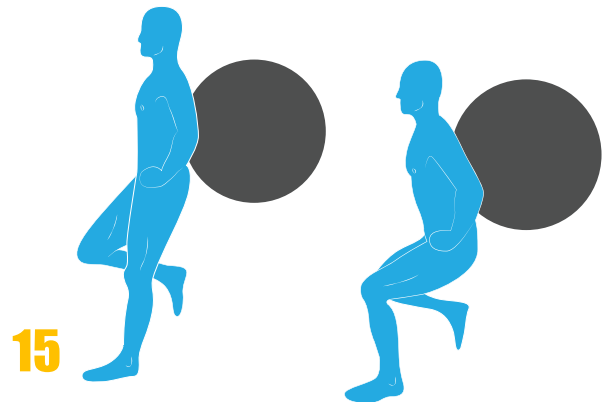
- Stand at a table for balance.
- Keep feet shoulder width apart and facing forwards.
- Slowly move up onto toes, raising your heels.
- Perform 3 sets of 10 repetitions.



Knee Strengthening – Advanced Exercises

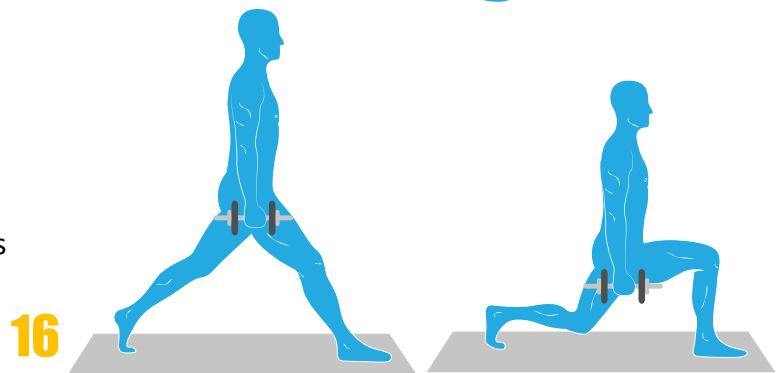
15. Single Leg Squat with Swiss Ball

- Stand on one leg with foot facing forwards.
- Place a Swiss ball between a wall and your lower back.
- Slowly perform a squat, keeping back straight.
- Your knee should not move forward past your toes.
- Perform 3 sets of 10 repetitions.**



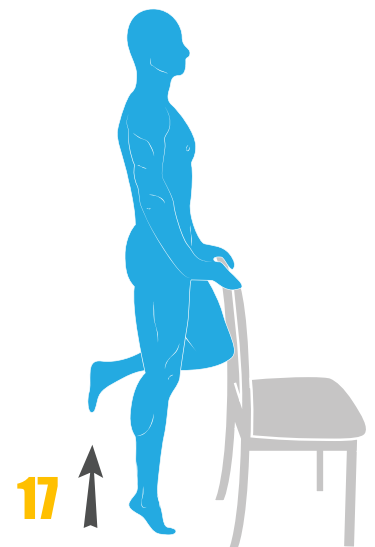
16. Lunges with Weight

- Slowly lower body into a lunge position using weights in your hands.
- Keep knee in line with your middle toe and feet facing forward.
- Perform 3 sets of 10 repetitions.**



17. Single Leg Heel Raises

- Stand on one leg at a table for balance.
- Keep foot facing forwards, slowly move up onto your toes.
- Perform 3 sets of 10 repetitions.**



18. Hamstring Curl on Swiss Ball

- Lie with a Swiss ball under your legs.
- Keep back straight and slowly bend knees tightening the thighs.
- Perform 3 sets of 10 repetitions.**

