

KNEE STRENGTHENING - I

Knee Extension Concentric

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 10 - 15 Sec |

Rest: 1 - 2 Sec



Sit with good posture



Straighten knee

Preparation:

- Sit in a chair with good posture

Execution:

- Straighten your knee as much as you can
- Relax your knee back to the start position in a controlled manner

VMO Activation (Ball)

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 10 - 15 Sec |

Rest: 1 - 2 Sec



Preparation:

- Sit on a chair with a small ball between your legs. Feet flat on the floor.

Execution:

- Feel your inner quad muscle just inside and above your knee cap
- Contract these muscles by squeezing your knees into the ball

Knee Flexion Isometric (Ball or Box)

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 10 - 15 Sec | Rest: 1 - 2



Press heel into ball or box

Preparation:

- Sit with good posture, knees at 90°
- Have something behind your heel, like a ball or box

Execution:

- Press heel into ball or box - there should be little or no movement

Quadriceps Activation (Isometric)

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 5 - 10 Sec |

Rest: 1 - 2 Sec



Your knee will not move



Squeeze thigh muscles

Important:

- You are allowed to straighten your knee to “-5” degrees or just slightly less than fully straight.
- No brace / Brace is not required

Execution:

- Sit as shown, rolled towel under your knee (to prevent your knee from completely straightening).
- Pull your toes up, squeeze down on the roll tightening your thigh muscles.

Knee Extension Concentric (Roll)

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 10 - 15 Sec |

Rest: 1 - 2 Sec



Knee supported



Straighten knee

Preparation:

- Place a roll underneath your knee as shown

Execution:

- Straighten your knee and hold it for few seconds
- Relax your knee back down to the start position

Hip Abduction | Side lying Straight leg

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 10 - 15 Sec |

Rest: 1 - 2 Sec



Start Position



Lift leg, knee straight, toes down

Preparation:

- Lie on your side with your legs straight and hip tilted towards the bed

Execution:

- Lift your top foot up towards the ceiling until you feel your pelvis move
- Keep your leg straight

Sidelying (Resting Position)



Lie on side. Use pillows for support.

- Lie on your side.
- Place a pillow between your knees for support.
- Relax.