

KNEE EXERCISE

1.) Isometric knee strengthening exercises



Lie down on floor, place a rolled blanket under the knees and press it down towards the floor. Hold it for 10 seconds. Repeat for 3 times.



Lie down on floor and bend both the knees and place a rolled blanket between both knees and press it. Hold it for 10 seconds. Repeat for 3 times



Lie down on floor, place a rolled blanket under the ankles and press it down towards the floor. Hold it for 10 seconds. Repeat for 3times.

2.) Hamstring towel stretch exercises



Sit with your spine erect and place towel on the center of soles of feet and now catch hold the towel with both hands and pull the feet towards you with toes pointed and knee straight. Hold it for 10 seconds. Repeat for 3 times



Lie on your back ,place a towel under the soles of the feet and hold both the ends of the towel and gently pull the feet towards the chest with toes pointed. Hold it for 10 seconds. Repeat for 3 times

3.) Heel slide extension exercise



Bend the knees and place a cloth under the feet and raise your toes and now gently slide the heels forwards.Repeat for 10 times and do the same on opposite leg.

4.) Clamshell exercise



Lie on your side with knees bent and keep your feet together, and lift your top knee up towards the ceiling, then lower it back down.Repeat for 10 times and do the same on opposite leg

5.) Pawanamuktasana stretch exercise



Lie on your back and raise right leg straight upto 90 degree and now slowly bend the knee and interlock the hand and hold the knee. Now gently pull the knee towards the chest. Hold it for 10 seconds. Repeat the same on opposite leg.

6.) Straight leg raise exercise



Lie on your back and bend right knee and slowly raise your left leg with knee straight. Hold it for 10 seconds. Repeat the same on opposite leg.

7.) Knee extensor exercise



Sit on a chair with your spine erect. Now slowly raise your right leg with knee straight. Hold it for 10 seconds. Repeat the same on opposite leg.

8.) Side leg raise exercise



Lie on right side of the body and now gently raise left leg with knee straight and toes pointed forward. Hold it for 10 seconds. Repeat the same on opposite leg.

9.) Wall squats



Stand with your back against a wall ,feet shoulder width apart and few inches away from the wall. Slowly bend your knees, sliding down the wall into a squat position ,keeping your back and shoulder against the wall. Hold it for 10 seconds. Repeat for 3 times.

10.) Heel raise exercise



Stand with feet shoulder-width apart, use a wall or chair for support, and slowly lift your heels off the ground, rolling up onto your toes. Hold it for 10 seconds. Repeat for 3 times.