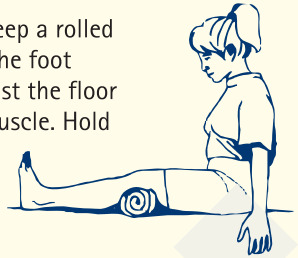


# Exercises for your Knee

## Isometric Quadriceps

Sit with your legs straight. Keep a rolled towel under your knee. Pull the foot forward and then press against the floor while tightening the thigh muscle. Hold this for a count of five, and then fully relax. Repeat this 20 times.



## Hamstring Stretch

While lying on your back, pull your knee close to your stomach supporting with your hands. Push your knee outwards and pull your foot downwards, hold for a few seconds, relax and repeat with alternate leg.



## Heel Drags

Lie on your back with legs straight. Now bring your foot closer to your hip as shown in the picture. Hold for a few seconds and relax. Repeat with alternate leg.



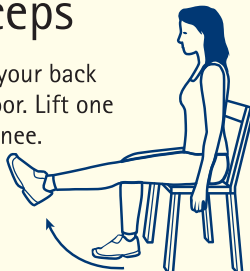
## Hamstrings Curls

Lie on your stomach and bend your knee backward towards your hip until you feel a stretch in the front of the thigh. Hold for a count of 5. Repeat with both the leg, 20 times each.



## Dynamic Quadriceps

Sit up straight on the chair with your back straight and feet touching the floor. Lift one foot up and fully straighten the knee. Hold for a count of 5. Repeat with alternate leg.



## Isometric Adduction

Sit up straight on a chair with your knees bent at 90° and your feet flat on the ground. Place a pillow in between the knees and press the pillow inwards with both the knees hold for a few seconds and relax. Repeat this 20 times.

