

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.



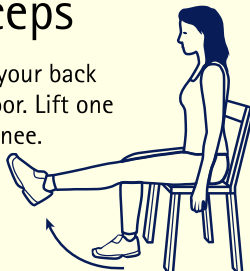
Hamstrings Curls

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.

