



KNEE EXERCISES



HEEL SLIDES: sit or lie on your back and gradually bend your knee by sliding the heel on the mattress. Repeat 5 to 10 times on each side.



STATIC QUADRICEPS EXERCISES: Sit with your legs straight and keep a rolled towel under your knee. Press the knee against the towel while tightening the thigh muscles. Hold this for count of 5 to 10. Repeat 5 to 10 times on each side.



HAMSTRING STRENGTHENING EXERCISES: Sit with your legs straight and keep a rolled towel under your heel. Press the heel against the towel while pressing the knee to the ground. Hold this for count of 5 to 10. Repeat 5 to 10 times on each side.



STRAIGHT LEG RAISING: lie on your back and bend the one leg to support, raise other leg straightly 8 inches off the floor. Hold the raised leg for count of 5 to 10. Repeat with other leg. Repeat 5 to 10 times on each side.



HAMSTRINGS STRETCHING EXERCISES: Sit on a chair with your back straight. Lift the foot up by pulling it towards you and straighten the knee. Hold this for count of 5 to 10. Repeat 5 to 10 times on each side.