

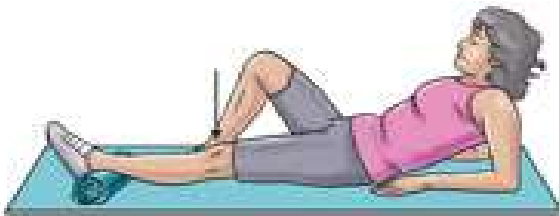
KNEE EXERCISES



Heel slides: sit or lie on your back and gradually bend your knee by sliding the heel on the mattress.



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.



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.



Straight leg raising: Lie on your back and bend one leg to support. Raise the other leg up, keeping the knee straight about 6-8 inches off the floor. Hold the raised leg to a count of 5 to 10. Repeat with other leg



Hamstring stretching exercises: Sit on a chair with your back straight. Lift the foot up by pulling it towards you, straighten the knee, and slowly bend forwards. Hold this for count of 5 to 10