

# EXERCISES TO IMPROVE FLEXIBILITY AND STRENGTH IN KNEES



## 1 STANDING QUADRICEPS

### STEPS

1. Hold on to the back of the chair or a wall for support.
2. Bend your knee, hold the ankle with your hand, and gently tug your knee towards your buttocks.
3. Hold for 30-60 seconds and repeat with the opposite leg.



## 2 STRAIGHT LEG RAISES

### STEPS

1. Lie on the floor with your elbows under the shoulders.
2. Keep the affected leg straight and bend the other leg so that the foot is flat on the floor.
3. Engage the leg muscles, raise it six to ten inches off the floor, hold the position for five seconds, and then gradually bring it back to the floor.



## 3 HIP ABDUCTION

### STEPS

1. Lie on your side with the injured leg on the top.
2. Straighten the top leg and raise it to 45°, ensuring your knee is straight but not locked.
3. Hold for five seconds, gradually lower the leg and repeat the steps.



### Reference:

1. Knee Conditioning Program; American Academy of Orthopaedic Surgeons