

Knee Strengthening Exercises

Quad Flex- (Seated with Legs extended straight ahead) Flex Quadriceps Muscles so that Heel rises above the floor and Back of Knee touches the floor.

Quad Flex on Roller- (Lie Supine with roller under Back of Knee) Straighten and Bend Leg.

Leg Raises- (Lie Supine) First Engage "Quad Flex." Then raise Straight Leg 30 Degrees.

Clam- (Lie on Side, Bend Legs, keeping Feet together) Raise Upper Knee Up and Down, keeping Feet together.

Side Leg Swings- (Lie on side with both Legs straight) Raise Upper Leg and swing it parallel to floor back and forth.

Bridges (Lie Supine, bend Knees placing Feet flat on floor)

- **Rolling Bridge with Ball-** (Place and hold a Ball between Knees) Roll Hips up and down.
- **One Leg Bridge-** (Keep Ball between Knees) Extend Leg straight up in air and hold. (Repeat on other side)
- **One Leg Rolling Bridge-** (Keep Ball between Knees with one Leg up) Roll Hips up and down.

Figure 4 Stretch- (Lie supine) Place Left Ankle on Right Thigh, grab back of Right Leg (Hamstring) and pull towards Chest. (Repeat on other side)