

Knee Exercises



Sit flat on the floor or bed with your legs stretched out in front of you. Knees not locked. Using the muscles on the top of your thigh squeeze and to pull the knee-cap up towards your body and hold for 5-8 seconds. Repeat exercise 6-8 times on each leg 2-3 times per day.

Using a rolled up foam roller (rolled up towel, ball, or pillow may also be used) place your leg over the foam roller at the knee. Once again using your quadriceps squeeze to lift your leg slowly up over the foam roller. Hold for 5-8 seconds and slowly relax to lower your leg back down. Repeat exercise 6-8 times with each leg 2-3 times a day.



Sit close to the edge of a chair with your feet stretched out in front heels on the floor toes to the sky. Squeeze the your quadriceps muscles to lift your leg gently up 5-6 inches off the floor. Hold at the top for 2 seconds and then lower your leg back down while resisting the entire time. 6-8 repetitions on each leg with up to 2-3 sets per day.