

# **KNEE STRENGTHENING EXERCISE**

**All exercises should be progressed gradually, do not force it**

**Do not proceed if there is pain or swelling**

**Ice packs for 15-20 mins may help to reduce them**

**Do the exercises only with the approval of your doctor**

**These exercises may not be specific or suitable for your problem**

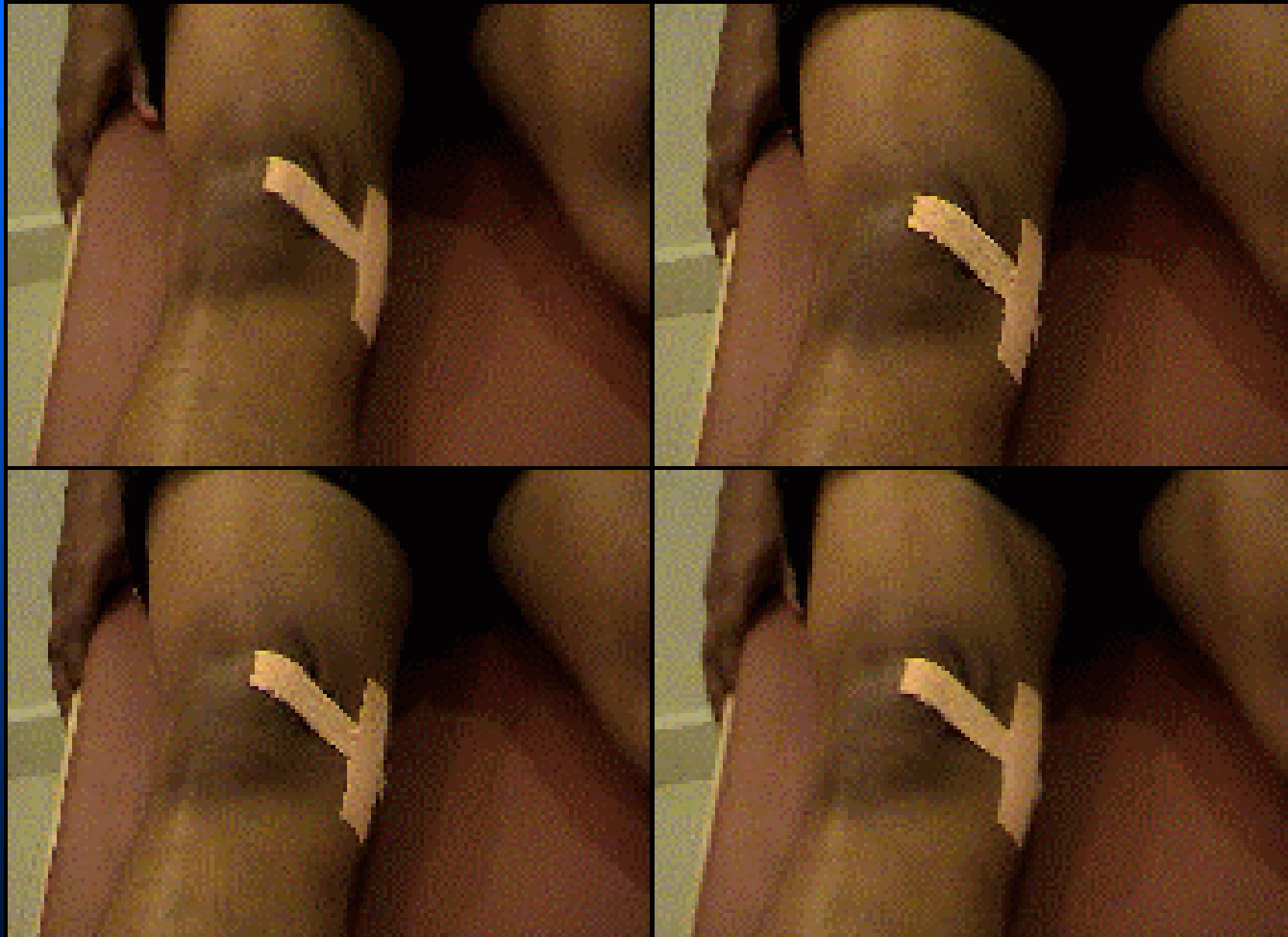
**Taping is done for specific knee conditions only**

**Avoid Breath Holding**

**Consult your doctor / physiotherapist for further details**

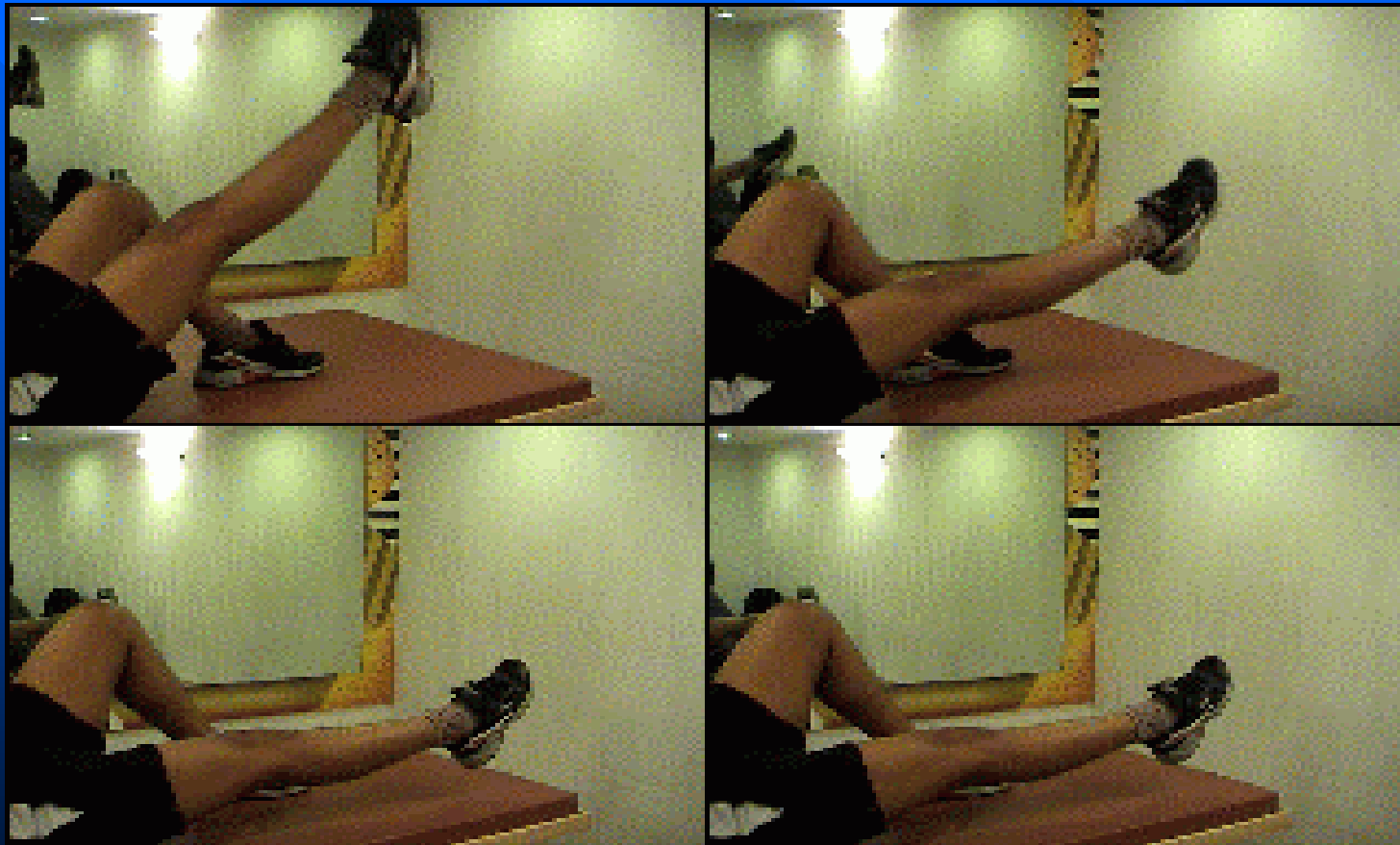
# ISOMETRIC QUADRICEPS

**Tighten your thigh muscles & hold for 10 counts \* 5 sets**



# SLR

**Lift your straight leg up 30-45cm of the surface; hold 5-10 counts\*3sets**



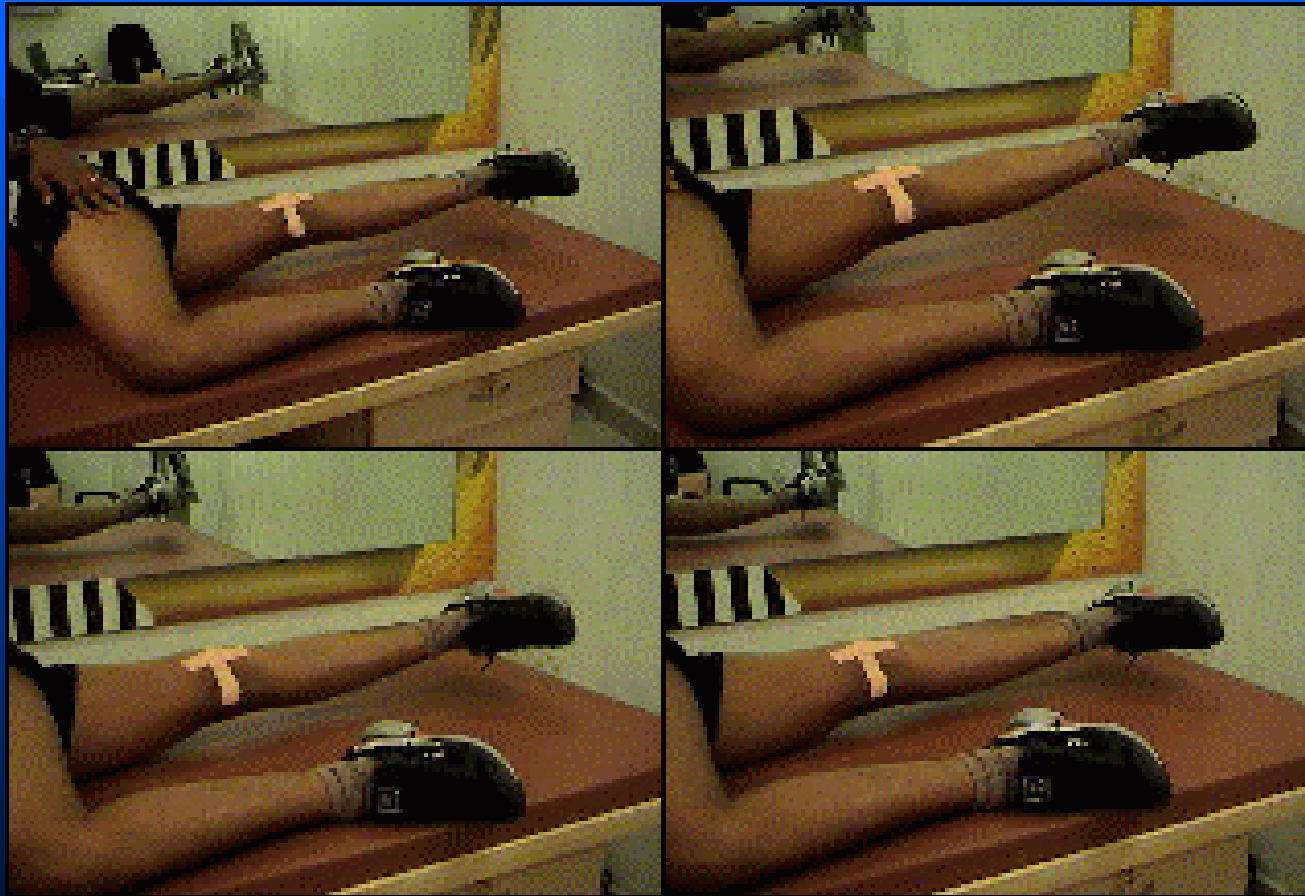
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# SLR – Inner (Lower Leg )

Lift your straight leg up 30-45cm of the surface; hold 5-10 counts\*3sets

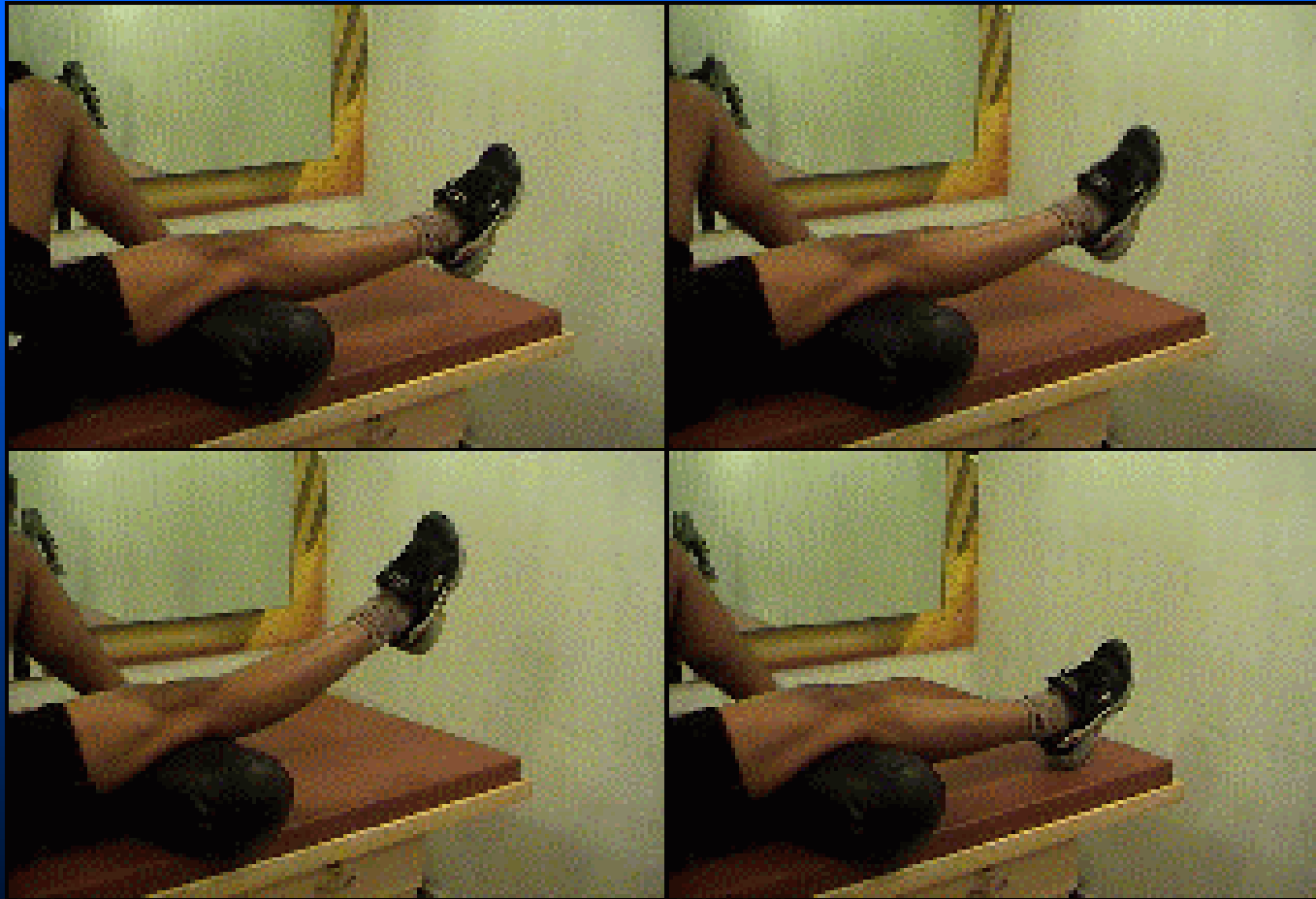


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# VMO Strengthening

Keep a bolster below knee & straighten it gradually 15 reps\*3sets



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# Lateral Step up

Step up from side on a 4 inch step to strengthen VMO & Gluts



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# 1/4 Squats

Feet shoulder width apart & knee looking straight 15rep\*3sets



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# Tips to preserve your knee !

- **Keep your weight under check**
- **Exercise regularly ( Low – Moderate Impact )**
- **Avoid / Reduce full squats, cross leg sitting, vajrasan, padmasan, Stair climbing, high impact activities**
- **Knee strengthening & Range of Motion exercises**
- **Ask your doctor if you'd require any medication or vitamin supplements**
- **Ask your physio to prescribe suitable knee exercise and physical activity**
- **Use but don't Abuse your knee !**