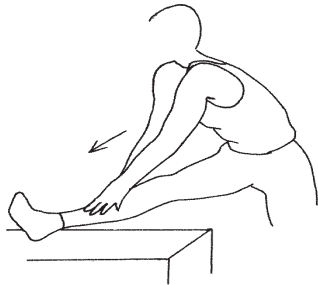


Knee Exercises

Knee pain is often diagnosed as patellofemoral pain, chondromalacia patella or knee osteoarthritis. For all of these, strengthening the large thigh muscle, known as the quadriceps, can help reduce pain and promote stability.

Home Workout

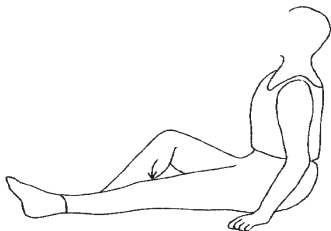
Set a timer and do each exercise for 2 minutes.



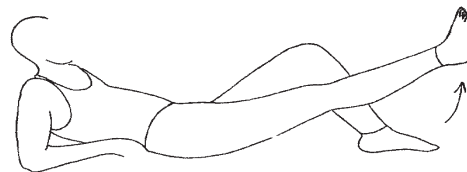
Hamstring stretch



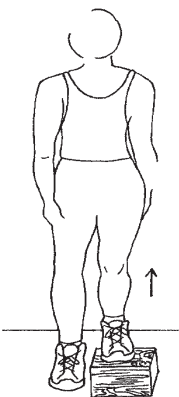
Quadriceps stretch



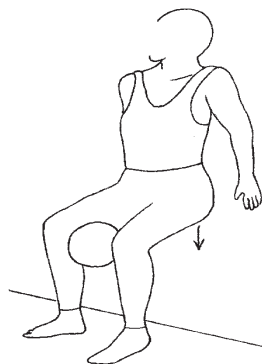
Quadriceps isometrics



Straight leg raise



Step-up



**Wall squat
with ball**

Gym Workout

Gym exercises can be performed on 2 machines, the knee extension and the sled. Remember to do only short arcs with machines meaning your range of motion does not exceed 45 degrees. This reduces the sheer force that a full range of motion exerts on your knee joint.