

## #on your knees# STRETCHING EXERCISES OrthoInfo Nine Exercises forKnees

University of Rochester Medical Center Safe.

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Original URL: <https://tools.orientwatchusa.com/on-your-knees.pdf>

Step by step directions Hold on to the back of a chair or a wall for balance.

Bend your knee and bring your heel up toward your buttock. Grasp your ankle with your hand and gently pull your heel closer to your body. Hold this position for 30 to 60 seconds

Repeat with the opposite leg The exercise Flex your ankle up and down by bringing toes up toward your head and then pointing toes down as far as you can. The exercise Tighten muscles in front of thigh by pushing the back of your knee down into bed

Hold for a count of 5 and then relax Keep your back straight push your buttocks out and slowly lower yourself down onto one knee. For support as you lower yourself down put one hand on a stool or on your thigh for support

This handout is to help you rebuild the strength of the muscles surrounding the knee after injury. It is intended as a guideline to help you organize a structured approach to strengthening the knee. Emphasis is to build muscle strength using BOTH legs

Progress according to the PRE principle Strengthening and stability exercises are recommended not only for people who have injured their knees but also to prevent injury

The following exercises will challenge and improve your balance using your body or a variety of training aids The Power Zone is the space between your mid thigh and mid chest where you can lift the MOST with the LEAST amount of effort see figure 2

Try to keep objects within this zone when lifting or carrying to reduce the potential for injury Try these exercises as part of your routine to maintain flexibility and protect your joints. The following exercises are general recommendations and can be adjusted based on personal capabilities

Each exercise should be repeated three times one session per day.

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