

Knee Pain

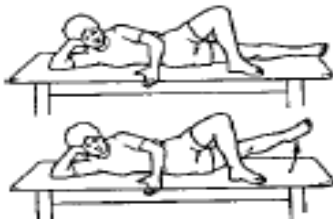
Knee exercises: Choose 3 each day. Skip any that cause pain. It 's okay to do 3 different exercises each day or stick with your favorites.



1. Quad Set:
With leg straight, tighten the muscle on top of the thigh. Hold 5 seconds. Keep holding, and tighten even more. Hold 5 more seconds. Repeat 10 times. Do 3 sets each side.



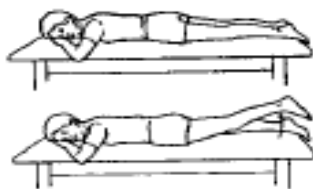
2. Straight Leg Raise:
Tighten the muscle on top of thigh, Raise the leg 8-10 inches from floor. Hold 2 seconds. Repeat 10 times. As you get better, work up to 30 repetitions. Do 3 sets each leg.



3. Side Lying Hip Adduction:
Lying on side, tighten muscle on top of thigh, then lift leg 8-10 inches from floor. Hold 2 seconds. Repeat 10 times. As you get better, work up to 30 repetitions. Do 3 sets each leg.



4. Side Lying Hip Abduction:
Lying on side, tighten the muscle on the top of thigh, then lift the leg 8-10 inches from floor. Hold 2 seconds. Repeat 10 times. As you get better, work up to 30 repetitions. Do 3 sets each leg.



5. Prone Hip Extension:
Lying on stomach, tighten the muscles on the top of thigh, lift leg 8-10 inches from floor. Hold 2 seconds. Repeat 10 times. As you get better, work up to 30 repetitions. Do 3 sets each leg.



6. Wall Squat:
Place your back against the wall. Move your feet out f 2-3 feet from the wall. Slide down as far as you can without causing pain. Keep your hips higher than your knees. Make sure your knees never go forward of your toes. Adjust your foot placement as needed. Hold for 15 seconds working up to 2 minutes. Repeat 3 times.

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Knee Stretches: Do all 4



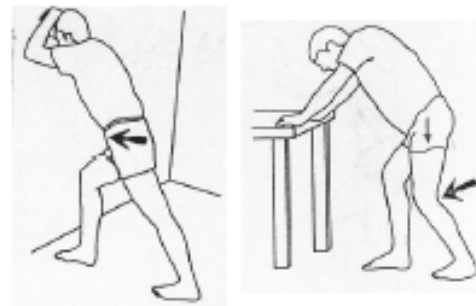
1. Hamstring Stretch:
Sit with leg straight on the bench, lean forward, keeping back straight. Hold 15-30 seconds. Repeat 2 times, each side.



2. Quad Stretch:
Stand straight. Grasp your same ankle with same hand. Pull ankle towards buttocks. Avoid letting your knee go out to the side, and try to bring the knee you're stretching behind the one you're standing on. Hold 15-30 seconds. Repeat 2 times, each side.



3. ITB Stretch:
Stand with the side you're stretching facing the wall. Lean your hip towards the wall, leaning at the trunk. Avoid bending forward at the waist. Hold 15-30 seconds. Repeat 2 times, each side.



4. Calf Stretch:
Keeping back leg straight, with heel on the floor and turned slightly outward, lean into wall until a stretch is felt in the calf. Hold 15 - 30 seconds. Do this exercise again with your knee slightly bent. Hold 15-30 seconds. Repeat each stretch 2 times, both sides.

Disclaimer: The following resources have been made available to you by the 25th ID. Please use extreme caution when performing exercises as the potential for increased pain, bodily injury, or even death does exist. If in doubt, please seek further medical attention to avoid any problems. These resources are only guides and are not a prescription of any kind.