



## **Basic Knee Strengthening Exercises**

### ***1) Static Quadriceps contractions***

With your leg out straight in front of you and your toes pulled up to the ceiling strongly tighten your thigh muscle and straighten your knee.

Hold \_\_\_ secs and repeat \_\_\_ times on \_\_\_ leg / both legs



### ***2) Inner Range Quadriceps contractions***

With your knee slightly bent on a cushion or rolled towel, lift your heel off the ground to straighten your knee

Hold \_\_\_ secs and repeat \_\_\_ times on \_\_\_ leg / both legs



### ***3) Straight leg Raise***

With your leg straight out in front of you, strongly tighten your quadriceps muscles to brace the knee. Lift the knee about 10cm off the ground.

Hold \_\_\_ secs and repeat \_\_\_ times on \_\_\_ leg / both legs





#### ***4) Knee extension with weight***

Attach a small weight to your ankle. Sitting on a table or high stool, straighten the knee out in front of you. Bend it slowly again to return to the starting position.

Repeat \_\_\_ times on \_\_\_ leg / both legs



#### ***5) Mini squats***

Stand with your back up against a wall and your feet apart and at least 2 foot lengths away from the wall. Slowly slide your back down the wall bending your knees to 90 degrees or as far as you are comfortable. Tighten your buttocks as you push back up to straight.

Repeat \_\_\_ times



#### ***6) Hamstring Curls***

Lie on your stomach with a small weight around your ankle. Slowly bend your knee, bringing your foot towards your buttock.

Repeat \_\_\_ times on \_\_\_ leg / both legs

