



Get My Knee Better

How to stretch and strengthen your knee so you can feel better

STRETCH

1

QUADS WITH FOAM ROLLER

Place the foam roller underneath your quad on any tight spot while having the unused leg off on the side. Perform 2-3 sets for 30 seconds on each leg.



2

INNER THIGH WITH FOAM ROLLER

Place the foam roller on the inside of your inner thigh while having the unused leg off on the side. Perform 2-3 sets for 30 seconds on each leg.



3

LATERAL QUAD WITH FOAM ROLLER

Place the foam on the lateral (outside) part of your quad while having the unused leg off on the side. Perform 2-3 sets for 30 seconds on each leg.



4

TENNIS BALL ON FEET

Place the tennis ball on the inside of your foot while keeping your other foot facing straight ahead. Stand up tall and keep your head facing forward the whole time. Perform 2-3 sets for 30 seconds on each foot.



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STRENGTHEN

5 STRAIGHT LEG RAISE TO THE FRONT

Bend one knee and extend the other leg in front of you. Then elevate your leg 1-2 feet off the ground and hold for 5 seconds before returning to the ground. Keep your butt & lower back on the ground. Perform 2 sets of 10-15 reps on each leg.



6 HEEL SLIDES

Bend one leg and slide the other leg away from you while keeping your heel on the ground the entire time. Keep both feet facing forward. Perform 2 sets of 10-15 reps on each leg. **Exercise to be performed barefoot or in socks.



7 RESISTED DORSIFLEXION

Wrap the stretch band around your foot and then flex towards you then immediately away from you. Keep your quad and knee down throughout the exercise. Perform 2 sets of 10-15 reps on each leg.



8 LATERAL TUBE WALKING

Position the resistance band around your ankles and then side-step 10 steps each direction. Stand up tall, keep your feet facing forward, and do not drag your feet. Perform 2 sets.



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