

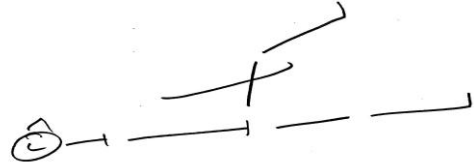


FITNESS & REHAB FORUM

Knee Exercises



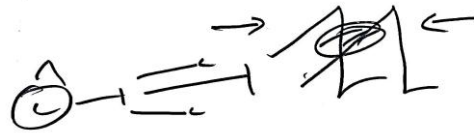
Press the pillow under your knee ___ counts
Hold * ___ sets.



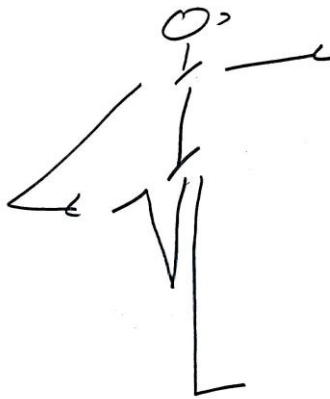
Hamstring stretch- Hold behind the thigh and
Lift your leg up ___ counts * ___ sets.



Lift your leg up(1 feet up from floor) ___ counts
hold * ___ sets.



Press the pillow between the knees ___ counts
hold * ___ sets.



Quads stretch-Hold your ankle and
Pull your leg ___ counts * ___ sets.



FITNESS & REHAB FORUM

TIPS TO PRESERVE YOUR KNEE !

- ☺ Keep your weight under check.
- ☺ Exercise regularly (low-moderate impact).
- ☺ Avoid / reduce full squats, cross leg sitting vajrasan, padmasan, stair climbing, high impact activities
- ☺ Do knee strengthening & range of motion exercises
- ☺ Ask your doctor if you'd require any medication or vitamin supplements
- ☺ Ask your physio to prescribe suitable knee exercise and physical activity
- ☺ Use but do not abuse your knee.
- ☺ Avoid low seater, low beds, sitting on the floor
- ☺ Take a walk every 45 minutes for 2 minutes.
- ☺ Don't lock your knees while standing , avoid high heels
- ☺ Avoid running /inclination on treadmill
- ☺ Avoid climbing stairs and step stairs.
- ☺ Do not keep knees / legs folded, have enough leg room while sitting and driving.