

HOME EXERCISE - KNEE

By Vincenzo Carone

Long arc quad/leg extension- Sitting with good upright posture, extend your knee to straighten your leg by tightening the muscles on the front of your thigh, perform 10x for 3 sets on each leg. If you experience tightness or pain along the backside of your leg do not pull toes up towards you and instead point them away.



Seated hamstring stretch- Sit with good upright posture, scoot towards edge of chair, straighten one leg out reaching out with your heel until knee is straight, then bend forward from the waist until you feel a comfortable stretch down the backside of your leg, hold for 30 seconds and perform 3 times on each leg. Do not round your back when leaning forward for the stretch.

Knee bend on step/lunge on step- Find an elevated surface, staircase with handrail works best, place one foot on second step, hold onto rail for balance, lean forward bending your lead knee until you feel a comfortable stretch across the front of your knee, hold for 30 seconds and perform 3 times on each leg.

