



PHYSIO & REHAB
SPECIALISTS

Home Exercise Program

Knee Exercises

Precautions:

1. Please exercise according to your therapist's prescription.
2. If you feel any discomfort after the exercise, please immediately stop and consult your therapist.

HAMSTRING STRETCH 2



INSTRUCTIONS :

1. Face up
2. Place a towel under your knee at 90° and straighten up your leg

HOLD	REPEAT	SET
20 counts	6 times	2-3 set/day

QUADRICEPS STRETCH

INSTRUCTIONS :

1. Side lying
2. One leg straight and bend the other
3. Hold the ankle and pull backwards



HOLD	REPEAT	SET
20 counts	6 times	2-3 set/day

CALF STRETCH 2



INSTRUCTIONS :

1. Face the wall
2. Standing with legs shoulder width apart
3. Straighten one leg to the back and lean forward

HOLD	REPEAT	SET
20 counts	6 times	2-3 set/day

STATIC QUADS



INSTRUCTIONS :

1. Face up
2. Raise up both ankles
3. Press down both knees

HOLD	REPEAT	SET
10 counts	10 times	2-3 set/day

VASTUS MEDIAL OBLIQUE



INSTRUCTIONS :

1. Face up
2. Raise up both ankles
3. Press down both knees
4. Lift up one leg (45°)
5. Rotate outwards

HOLD	REPEAT	SET
10 counts	10 times	2-3 set/day

KNEE FLEXION (HAMSTRING)

INSTRUCTIONS :

1. Face down
2. Straighten both legs
3. Bend one knee (about 45°)



HOLD	REPEAT	SET
10 counts	10 times	2-3 set/day