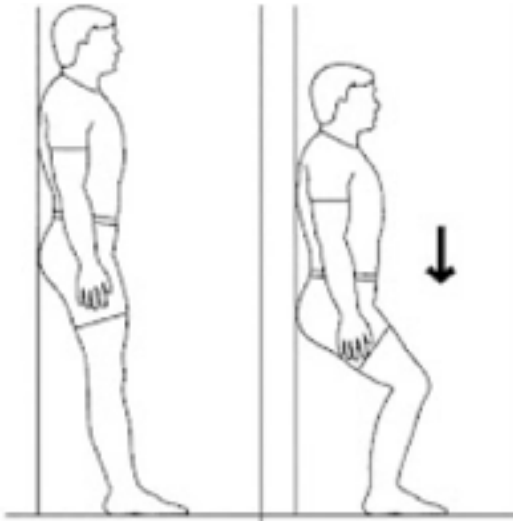


### Knee Exercises

- 1) **Wall Slides:** Stand up against a wall, supporting yourself with your hands. Keep your feet at a comfortable distance apart and your heels a comfortable distance from the wall. Keep your heels on the floor at all times and slowly slide your body down the wall to a count of five. Keep that position for a count of five. Slowly slide up again. Repeat 10x.



<https://www.youtube.com/watch?v=6pBURmY9LLA>

- 2) **Leg Extensions:** Ideally this would be done with added resistance (weight). Start by sitting in a chair that is high enough so that the knee can bend to a ninety degree angle. Slowly raise the leg until it is horizontal. Hold for five seconds, and slowly let it return to the ground. Repeat with other leg. Do twenty repetitions.



- 3) **Side Lying Abduction:** Gluteus medius weakness has been studied extensively and much of the research demonstrates that strengthening of this muscle can be beneficial in improving lower limb biomechanics and reducing symptoms in conditions such as patellofemoral pain.

To work the left hip abductor muscles (as in the photo):

- Lie down in a right side-lying position. Make sure your hips are “stacked” (left hip directly over the right hip) and that your body is in a straight line.
- Placing your top hand on the floor in front of you can help ensure that you are not leaning forwards.
- Your pelvis should be in a neutral position (not hitched or tilted forwards/backwards).
- Take 1 second to lift the top leg up (breathing out), 2 seconds to hold it in top position (keep breathing out) and then 3 seconds to slowly return it to start position (slowly breathing in).

***Number of repetitions:*** 20-25 each leg. Repeat 3x.



- 4) **Lunges:** The simple lunge is an excellent exercise for thigh and hip strength. This exercise can also be easily and safely loaded by holding dumbbells in your hands.

Some technique points to remember for the lunges:

- Don't let your knee collapse inward
- Keep your pointing forward

- Imagine your feet are stuck on railroad tracks underneath your hips
- Keep your back straight and vertical

Repeat 10-15x on each leg for one set. Try and do three sets.



- 5) **Gluteal Bridge:** Lie on your back with your feet on the floor and the knees forming a 90 degree angle. Now press yourself up into the bridge position by contracting your glute hard. There should be a straight line from your upper body to your knees.

Repeat 10-15x for one set. Try and do three sets. Once that is too easy you can perform the one-legged glute bridge by having one foot in the air. Concentrate on maintaining good form at the upper position.



## 6. Vastus medius sitting

### STARTING POSITION

- Sit on a chair with your knees bent and feet resting on the floor.
- Tighten your VMO by thinking about driving your heel into the ground, and sliding the foot away from you. As you press your heel into the floor feel for a muscle contraction on the inside thigh near your knee.
- Hold for 3 seconds then relax. Repeat 20 times.



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