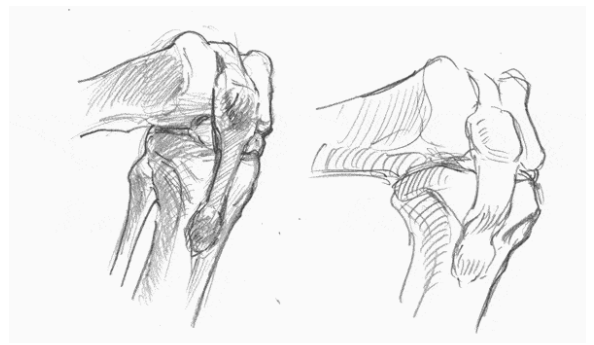




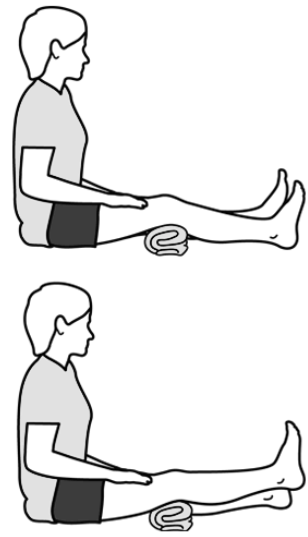
# Strengthening The Knee



## 1

### Knee Extension

Sit or lie with a towel rolled under your affected knee. Straighten the leg into the towel and hold for 5-10 seconds. Repeat on other leg



## 2

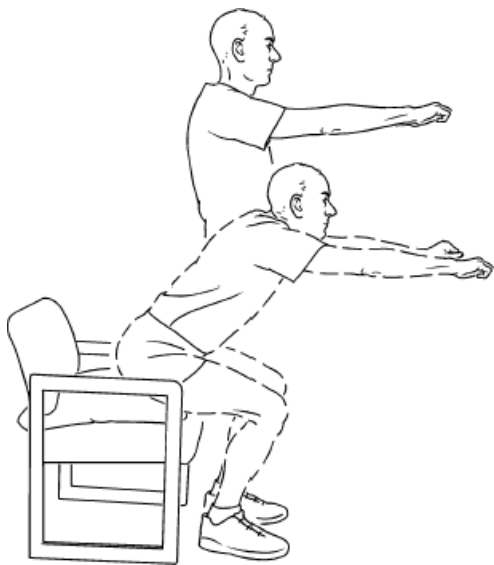
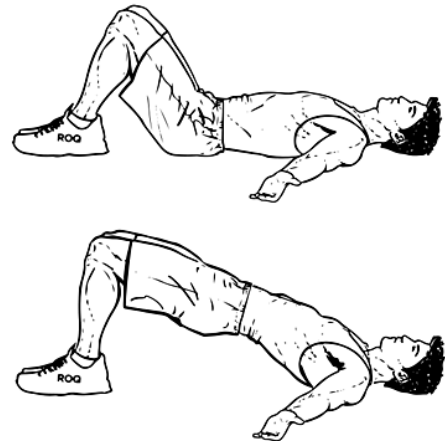
### Seated knee extension

Seated, straighten your affected leg out in front of you in a slow and controlled manner. Hold for 3 seconds. Repeat

## 3

### Hip Bridge

Lie on your back with bent knees and feet flat. Squeeze your glutes and push your hips up, tucking your tailbone under.  
To make harder- single leg bridge



## 4

### Half Squat to chair

With a chair behind you, squat down until you are just touching the edge, then stand up again.

## 5

### Clam Shells

Lie on side on the floor with hips and knees bent. Lift/rotate top knee towards ceiling while keeping heels together.



Exercises help strengthen supporting muscles, maintain range of motion, improve circulation to the affected area, and reduce pain and stiffness.

Perform exercises and stretches as directed by your chiropractor, staying within your comfort level. If you experience severe pain, stop immediately and consult your chiropractor with any concerns.