Knee ROM and strengthening exercises

Isometric quads strengthening

A person sitting in a chair

Description automatically generated with low confidence

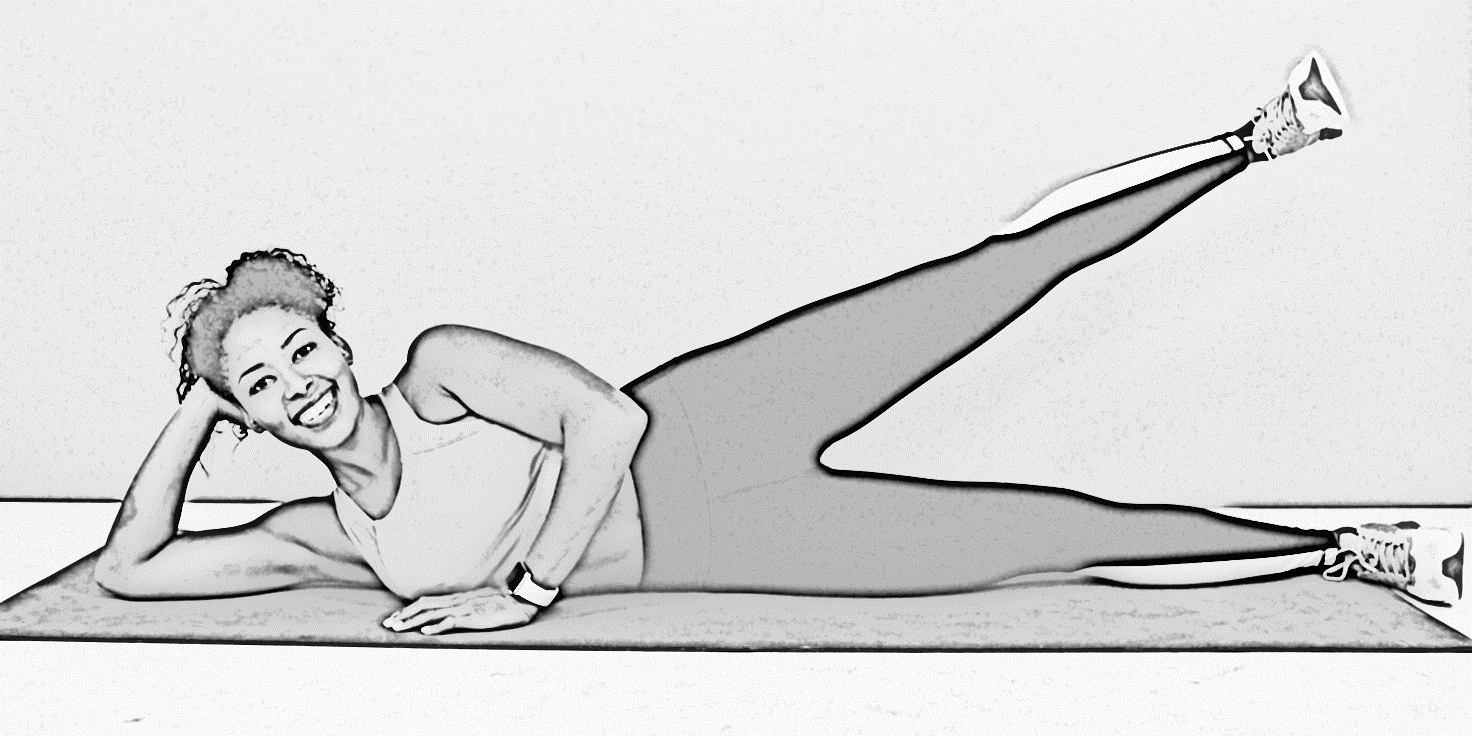
Hamstring co- contraction



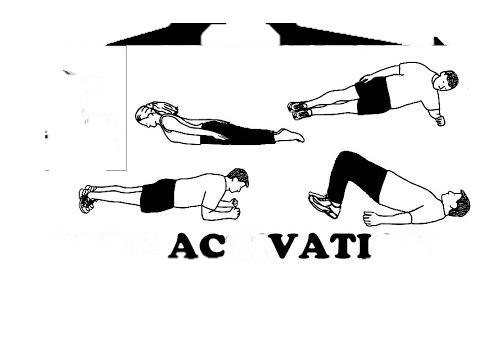
Calf stretches and strengthening



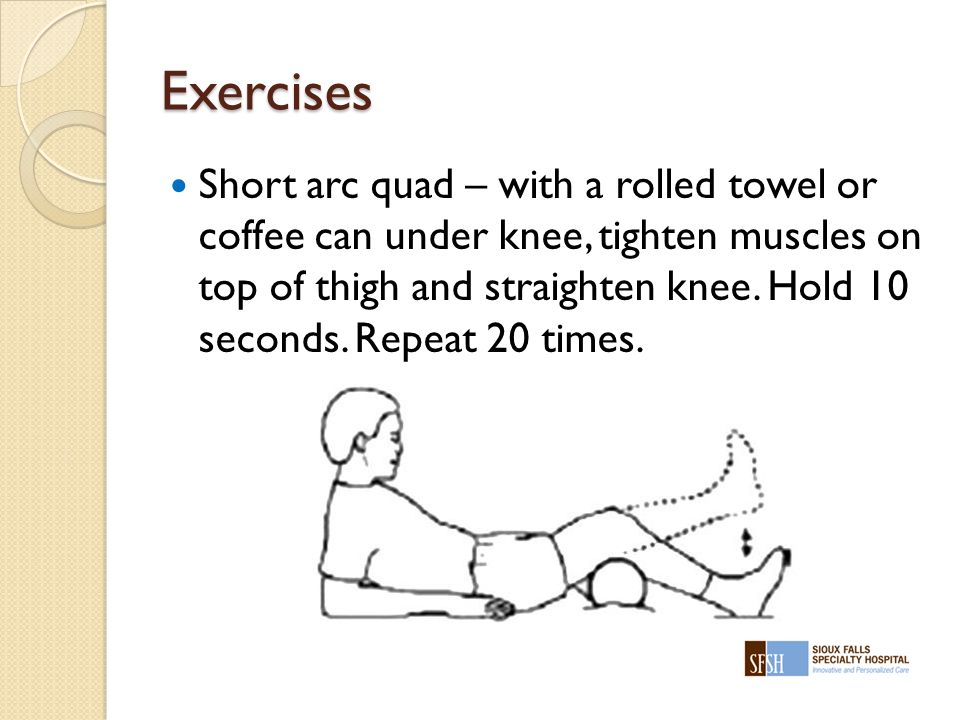
Hip abductor and extensor strengthening



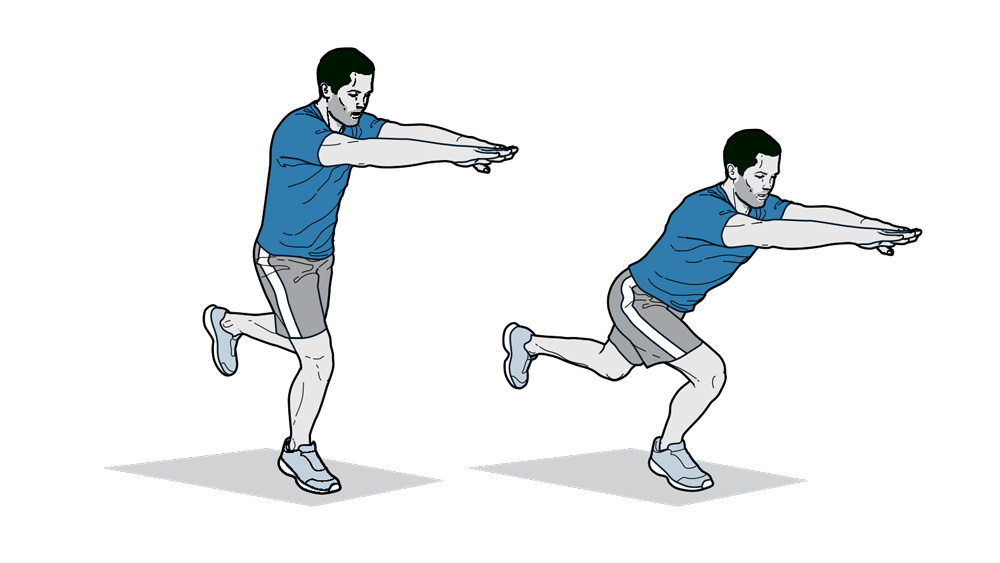
Core strengthening



Short arc quads



Single leg squats



Single leg press



Wobble board

Diagram

Description automatically generated

Proprioception

