

KNEE EXERCISES

- Perform these exercises for a total of 10 minutes.
- Complete 1-2 times per day.

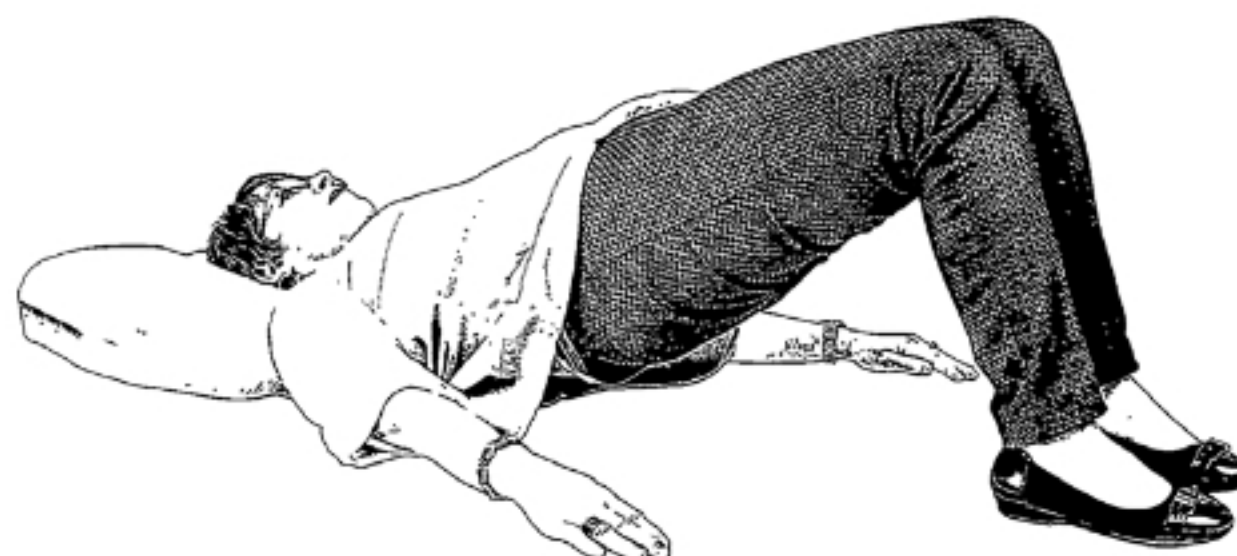
1. Balance on One Leg (strengthens quad, ankle, foot)

- Attempt to balance on one leg, with your eyes open.
- Hold for 60 seconds.
- If this is too easy, advance to eyes closed.



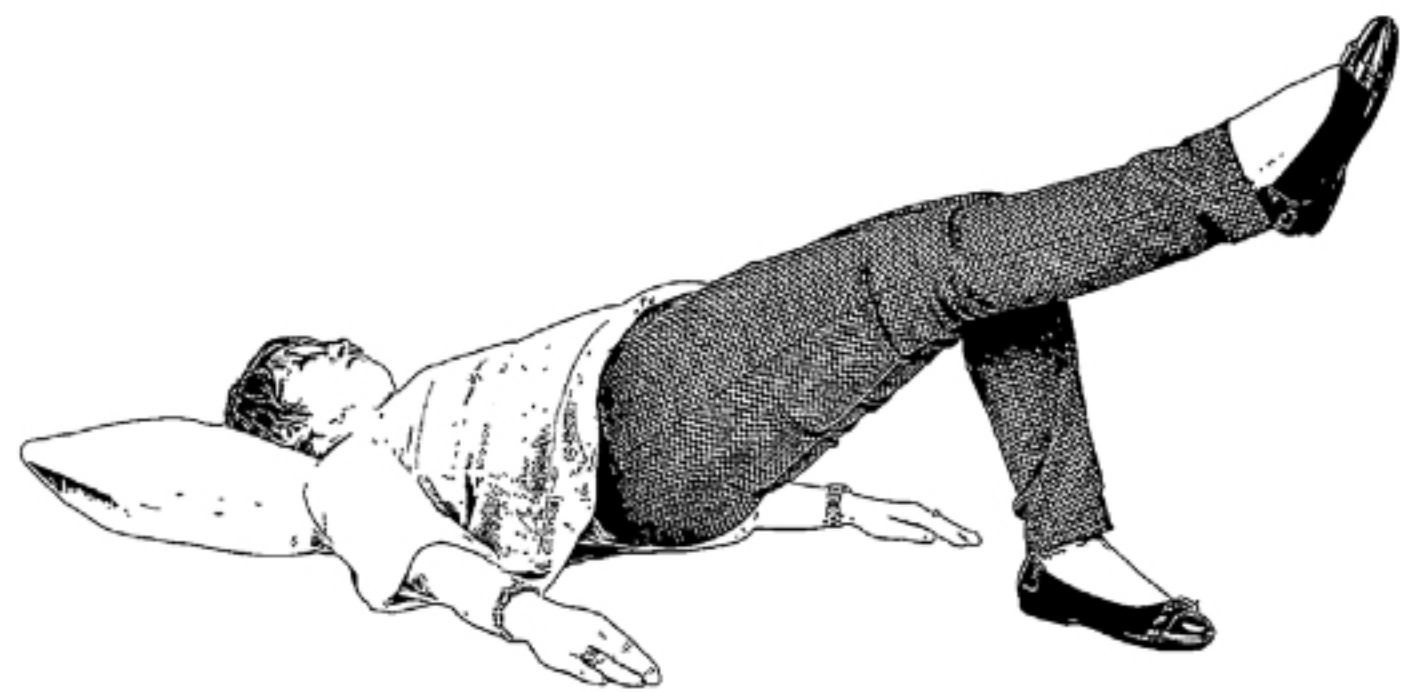
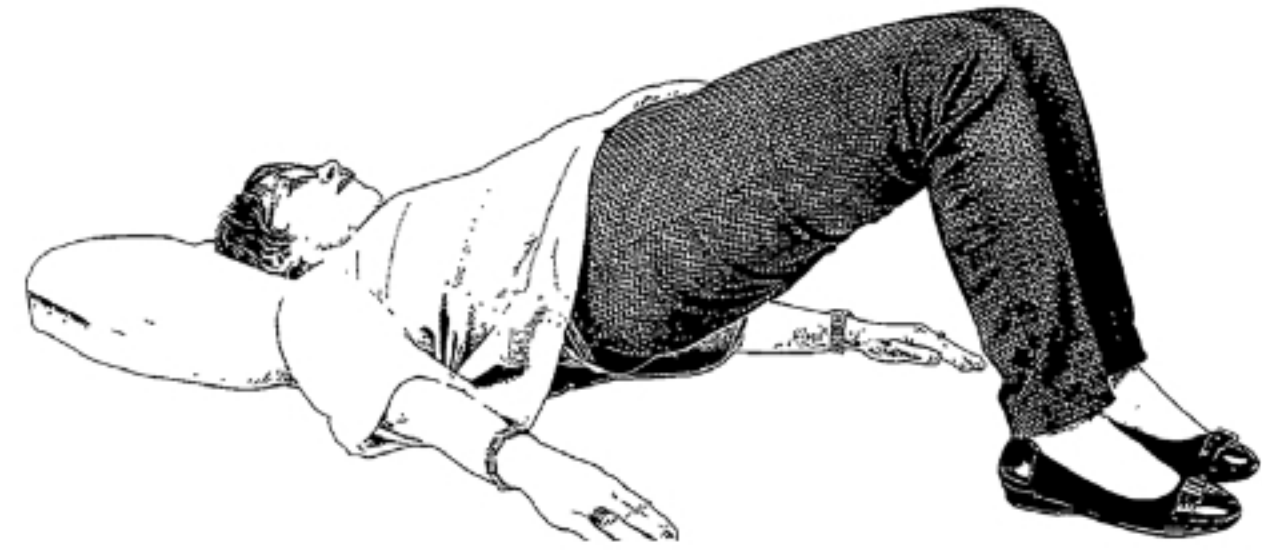
2. Trunk Stability – Bridging

- With your legs bent and stomach tight, slowly raise your buttocks off the floor.
- Hold as long as possible, keeping your hips flat like a table with our hands on the floor for balance.



3. Trunk Stability – Bridging with Straight Leg Raise

- With your legs bent and stomach tight, slowly raise your buttocks off the floor.
- Slowly extend your right knee.
- Repeat extending your left knee.
- Hold as long as possible, keeping your hips flat like a table.



4. 30° One Leg Squat (strengthens quad, ankle, foot)

- Balance on one leg.
- **Slowly** bend your standing knee 30 degrees.
- Work on alignment: Keeping your hip over you knee, over your toes.
- Pause.
- Then straighten your knee, continuing to keep your hip aligned over your knee, over your toes.

