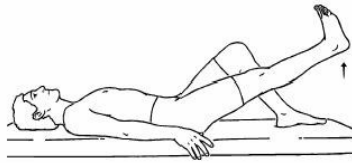


Knee exercises

1. **VMO-** 10 sec.hold, 10 repetitions



2. **Straight leg raise-** 10 sec.hold, 10 repetitions



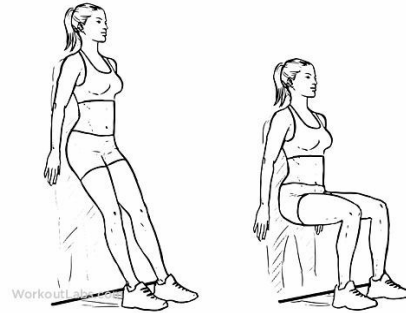
3. **Straight leg raise in sitting-** 10 sec.hold, 10 repetitions



WE CARE SPORTS INJURY CLINIC

4. Wall sit- 10 sec.hold, 10 repetitions

ANATOMY OF A PERFECT WALL SIT



5. Wall isometrics- Stand against the wall with a rolled towel under your knee.

Press it and hold the position for 10 sec. Repeat it 10 times.

6. Straight leg raise with external rotation- Raise your leg upto 45 degree with your foot rotated outwards. Hold the position for 10 sec. Repeat it 10 times.