

# The 7 Best Knee Rehabilitation Exercises



## Exercise 1 – Static Quads

- Tighten thigh
- Lift heel very slightly clear of the floor
- Pull toes up
- Hold for 5 seconds
- Repetition – 3 sets x 10 reps on each leg

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## Exercise 2 – Straight Leg Raises

- Tighten thigh
- Raise leg
- Slowly lower
- Repetition – 3 sets x 10 reps on each leg

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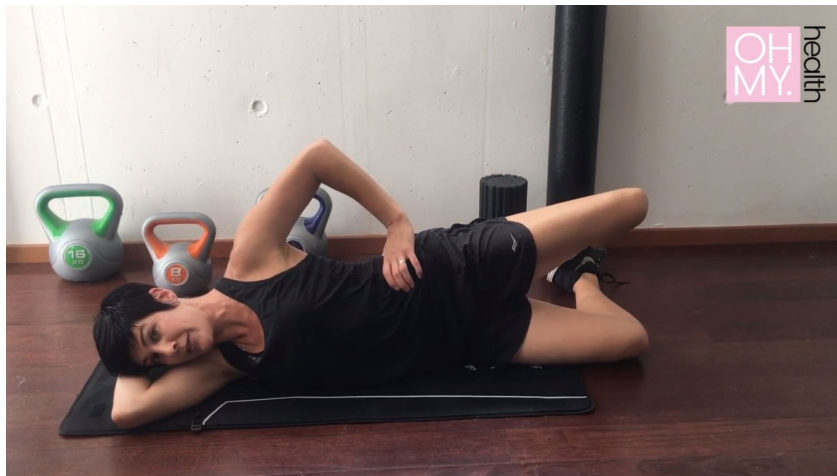
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## Exercise 3 – Short Arc Quads

- Put towel under knee
- Tighten thigh
- Raise lower leg for 5 seconds
- Lower
- Repetition – 3 sets x 10 reps on each leg

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## Exercise 4 – The Clam

- Bend your knee
- Keep hips straight
- Toes together
- Lift knee
- Repetition – 3 sets x 10 reps on each leg

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## Exercise 5 – Bridging

- Lift your bum
- Squeeze
- Hold for 5 seconds
- Roll down
- Repetition – 10 to 20 reps

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## Exercise 6 – Hamstring Stretch

- Use a towel or theraband
- Straighten leg
- Pull to stretch
- Hold for 20 to 30 seconds
- Repeat on both legs

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## Exercise 7 – Quad and hip flexor stretch

- Lie on tummy
- Either: cross one ankle over the other and push your heel towards your bum as far as you can go
- OR grasp your ankle with your hand and pull your heel towards your bum
- Hold for 20 to 30 seconds
- Repeat on both legs

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