

## Knee Rehabilitation: Free Squat



Once you can bear weight on your leg without pain, start adding advanced exercises to your workout. Before you begin, talk with a physical therapist or certified athletic trainer. Start slowly, and rest between each set. As you feel stronger, increase the number of sets.

### Caution

Ask your healthcare provider if you're ready to do this exercise. If you do too much too soon, you could create new knee problems, or even re-injure your knee.

- Stand with your legs shoulder-width apart, or slightly wider, feet flat, and toes pointed slightly out.
- Keeping your back straight and heels on the floor, bend down from your knees and hips. Don't bend past 90 degrees, or so far that it causes pain.
- Keep your knees behind the plane of your toes. Your knees should line up with your second toe.
- Hold for 1 to 5 seconds. Then slowly rise back up.
- Do 2 sets of 10 repetitions.



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