

Quadriceps, Isometric (Strength)



This exercise is for an injured right knee. Switch sides if the injury is to your left knee.

1. Sit on the floor with your right leg straight in front of you. Bend your left knee up and put your left foot flat on the floor.
2. Flex your right foot and tighten the thigh muscles of your right leg. Press the back of your right knee toward the floor. Don't arch your back or hunch your shoulders.
3. Hold for 5 to 10 seconds, or as directed. Then relax.
4. Repeat 10 times, or as instructed.
5. Do this exercise 3 times a day, or as directed.



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