

KNEE PHYSICAL THERAPY

Here are examples of how to support the knee joint. Ease off the exercise if you start to have pain. Your doctor will tell you when to start and which exercises work best for you. Follow the QR code for videos to guide you through these exercises.

Straight-leg raises to the inside and outside



Straight-leg raises to the front and back



Shallow knee bends

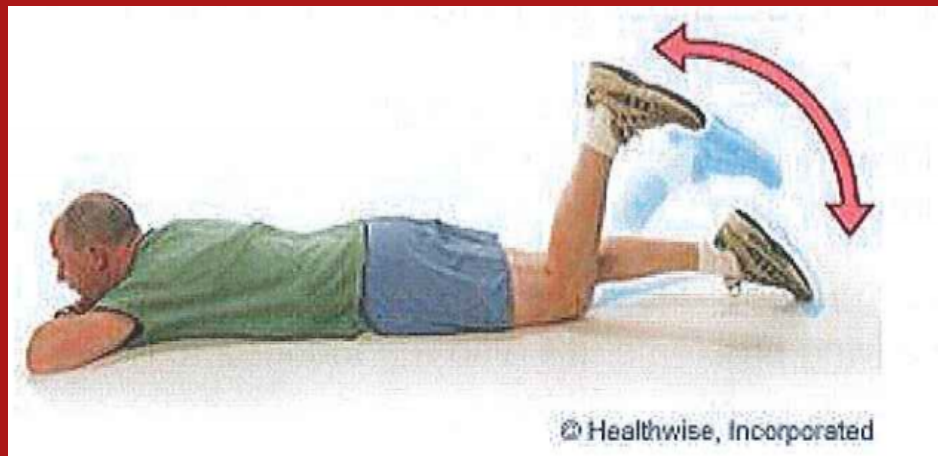
Heel raises



Bridging with heel digging



Hamstring curls



Quad sets

