Physiotherapy: quad sets and heel slides. Passive extension exercises,

Done for better motion, decreasing the pain and inflammation

Training(to build muscle): weight machines and low impact exercises.

**Low impact exercises:**

**Low-impact exercise** can increase your endurance and strengthen the muscles around your joint, making your joint more stable. Try walking, bicycling or water aerobics. If you feel new joint pain, stop. New pain that lasts for hours after you exercise probably means you've overdone it, not that you've caused damage or that you should stop exercising. Try again a day or two later at a lower level of intensity.