**Knee pain**

A) Quad sets

https://youtube.com/shorts/Yv0GP55DQlg?si=\_2nsifNAjppgy6N0

Starting Position:

​•​Lie on your back or sit with legs extended straight in front

​•​B5 and B6 (legs) resting on mat

​•​B3 and B4 (knees) fully extended

​•​B1 and B2 (arms) relaxed at sides or supporting upper body if seated

Movement Sequence (Right Side Example):

​1.​Pull B6 (Right Leg) – slightly lift heels and press the back of the knee (B4) into the mat

​•​Actively contract the quadriceps

​•​Toes can point up to keep leg engaged

​2.​Hold – maintain contraction for 5–10 seconds

​3.​Pull B6 – relax the quad, allow the knee to soften slightly

4.​Pull B5 (Left Leg) – slightly lift heel and press B3 (knee) into the mat with quad activation

​5.​Hold – 5–10 seconds

​6.​Pull B5 – relax quad tension

Repetition:

​•​10 reps per leg

​•​Hold each contraction 5–10 seconds

B) Heel prop

https://youtu.be/pvY9cIEcl\_M?si=JWTPvI\_UyHXklEsi

Setup Position:

​•​Sit or lie down with one leg extended

​•​Place a rolled towel or block under B5 (Left Heel) or B6 (Right Heel), elevating it slightly

​•​This creates space under B3 or B4 (knee), allowing passive stretch

​•​B1 and B2 (arms) rest at sides for comfort

Movement Sequence:

​1.​Push B6 (Right Heel) – rest heel onto towel/block with no effort

​•​Let B4 (Right Knee) gradually extend downward under gravity

​•​Do not engage quads yet—this is a passive hold

​2.​Hold – allow the knee to stretch into extension for 30 seconds to 2 minutes

​3.​(Optional) Pull B6 – lightly activate quad to increase knee extension pressure (if instructed by therapist)

​4.​Push B6 – relax again into passive stretch

5.​Push B5 – rest left heel on support

​6.​Hold – passive stretch at B3 (Left Knee)

​7.​(Optional) Pull B5 – engage quad briefly

​8.​Push B5 – release to passive rest

Repetition:

​•​1–3 rounds per leg

​•​Hold each stretch 1–2 minutes