

Knee Stabilization Exercises

<p>Quadriceps Tightening Lying on your back with your leg extended. Tighten the muscles on front of the thigh by trying to push the knee downward. Hold for 5 seconds. Relax.</p>	<p>Sets: 1-2 Repetition: 10x Hold: 5 Seconds</p>		
<p>Partial knee extension Lie down on your back with a rolled up towel (or small ball) under your knee. Push your knee down into the towel and lift your heel up off the bed as high as you can without lifting the knee from the towel. Lower your leg to starting position and repeat.</p>	<p>Sets: 1-2 Repetition: 10x Hold: 5 Seconds</p>		
<p>Ball squeeze Lying on back with knees bent, place a ball between knees. Squeeze ball by bringing knees together. Release and repeat.</p>	<p>Sets: 1-2 Repetition: 10x Hold: 5 Seconds</p>		
<p>Knees out against resistance Lying on back with knees bent and feet flat. Tie a resistance band around your knees. Open your knees slowly as much as you can and bring them back together at the same speed.</p>	<p>Sets: 1-2 Repetition: 10x Hold: 5 Seconds</p>		

<p>Leg Press Lie on your back with your leg completely bent and place resistance band under your foot. Firmly hold both ends of the elastic in each hand. Push on the elastic with your leg by straightening your leg and foot completely. Keep knee in line with hip and shoulder. Return to initial position and repeat.</p>	<p>Sets: 1 Repetition: 8-12x</p>		
<p>Knee strengthening Lying on your back, place a pillow between the knees and a rolled towel under the knees. Simultaneously squeeze the pillow and push the back of knees down on the towel.</p>	<p>Sets: 1 Repetition: 10x Hold: 10 Seconds</p>		
<p>Side leg raise Lying on your side, keep top leg parallel to the floor, toe pointing slightly down. Lift leg up and keep pelvis stable.</p>	<p>Sets: 1 Repetition: 8-12x</p>		
<p>Clam shell Lie on your side with knees bent. Lift up the top leg (affected leg) keeping the pelvis stable, the leg slightly bent and heels together. Rotate the hip so that the foot and the knee cap are pointing upward during movement. Return to initial position and repeat.</p>	<p>Sets: 1 Repetition: 8-12x</p>		

<p>Stabilization Flexion Lie on your stomach. Activate your lower abdominals and maintain a steady breathing while you bend one knee bringing your heel toward your buttock keeping your back and pelvis completely still. Return slowly to initial position and repeat.</p>	<p>Sets: 1 Repetition: 8-12x</p>		
<p>Quadriceps stretch Lying on your back with one leg off of the bed, wrap a strap around your ankle and support the bent knee by holding the strap. Flex the other leg by putting the heel on the bed to protect the lower back.</p>	<p>Sets: 1 Repetition: 2-3x Hold: 20 Seconds</p>		
<p>Iliotibial band stretch Lay on your back with the uninvolved leg straight. The stretch rope is around the outside of the ankle of the straight leg, then under that leg. Exhale and lift the leg across the other leg, assisting by gently pulling on the rope with your hand. If it's painful on the knee, place the rope above the knee.</p>	<p>Sets: 1 Repetition: 2-3x Hold: 20 Seconds</p>		