

After knee problems, it is important to regain mobility and strength. This supports tissue healing and helps you regain mobility.

You may not be able to return to your normal exercise level right away, and improvement may be slow. However, it is the best way to achieve short-term and long-term results after a [knee injury](#).

When exercising, especially in the early stages, you should listen to your pain level. You may find that these exercises improve your symptoms at first. However, it should get easier over time, and with regular exercise, the range of motion in the knee can improve.

The best way to avoid injury is by having solid, elastic muscles and bones which can resist pressure and hurt. Some simple conditions of knee pain, some exercises can help [relieve some pain](#) occurrences. Keep in mind; do not do any such exercise that can [cause increase in pain](#).

## **Below are some exercises that you can be helpful for reducing knee pain:**

### **Double Knee to Chest**

First start by stretch your legs in front of you. Bend your knees together and put your hands on top of the bar that is under your knee. A substitute place for your hand is the back side of your thigh. Gradually bring your knees to your chest, Now hold it for ten seconds, then return to the starting position.

### **“Unweighted Exercises” Leg Cycle Exercise**

First begin by raising both legs in front of you. Stretch both arms to both the sides for balance. Now start a circular motion with your legs moving in the air. Try to raise up the range of motion in the knee joint, so the flexibility of each of the leg is near about straight and bent it at a ninety degrees angle.

### **Leg Adduction**

Put one leg on the chair and one on the floor. Then straighten the leg up the one that is under the chair. Now hold it for ten seconds and then return this leg to the ground.

## **Unweighted Flexion**

Stand on the [back of a chair, by using the back of the chair to maintain](#) balance. Bend your left leg to an angle of ninety degrees, Now hold it this position for about ten seconds, and then return to the position where you began. Now switch your legs and repeat the same ten times with each leg.

## **Knee Full Extension Exercise**

Start by sitting in a chair at such a height so that your knees can be bend to an angle of 90 degrees. Now gradually raise the leg to horizontal direction. Now hold it this for about five seconds and then gradually return to the floor. Do the same with the other leg. If possible, repeat the procedure twenty times more.

## **Ankle Stretch**

Put one end of the Sportcord around the top of your right foot (not the end of the shoe). Extend your right leg and pull the Sportcord until you feel the necessary resistance and strain. Extend your right leg down as if you were stepping on the gas pedal in your car. Now hold it for five seconds and repeat twenty times. Through

## **Single Hamstring Stretch**

First sit on the floor with your left leg stretching forward and your right leg bent down. Now with both hands extended forward, touch your toes of the left foot. Don't jump, just stretch slowly. And Now try to hold the stretch for ten seconds, and then go back to the starting position. Repeat this pose ten times before switching the legs.

## **Knee Stretch**

First start with bending your right leg a little in a way that your left leg is crossed over the other. Now hold it your right leg behind your thigh and pull it towards your chest until your right leg is straight, but not too far. Now hold it for five seconds, then return to the starting position. Switch legs and repeat. Repeat ten times with each leg. If exercise causes knee pain, stop.

## **Straight-Leg Lift Exercise**

Start by lying on your back and move your left leg to the upward direction. Now extend your

right leg to the straight position. Then slowly lift your right leg to an angle of forty-five degrees, keeping your leg locked straight. Now hold it for five seconds, and then slowly relax. It is not essential to get an extended leg to ninety degrees, as it is difficult to hold it for long. Repeat this. And then repeat this with the left leg.

## **Straight-Leg Piriformis Stretch**

Lie on your back as shown. Lift your left leg up and bring it towards your body, trying to touch the floor with your right hand. Keep both shoulders flat on the floor. Now hold it for twenty seconds, then return to the starting position and repeat with the other leg. Repeat ten times with each leg.

## **Horizontal Straight-Leg Raise with Chair**

Use two chairs or a chair behind the sofa. When you are in a sitting position, move your leg forward so that it rests on the other seat. Keep the leg straight during the exercise, no more than twelve inches. Now hold it for ten seconds, and then return to the starting position. Repeat ten times for each leg.

# **Some Knee Solidification Exercises for Osteoarthritis**

## **1. Gently tie your Heel Slides**

Wrists with a belt and lie on your back. With your knees comfortably bent, pull on the strap to move your target heel to your buttock and feel the stretch in front of your knee. Return to your original position and repeat. Now hold it in this position for 10 seconds and then repeat it 10 times on each of leg.

## **2. Quadriceps sets (quad sets)**

While lying on your back or sitting upright with your knees straight, contract your upper thigh muscle to push the back of your knee down. Now hold it for 10 seconds and repeat 15 times.

## **3. Straight leg raise (SLR)**

Do four sets while lying on your back with one knee bent and the target leg raised with the knee straight. Tip:

**Just lift your legs like bent knees. Now hold it for 5 seconds and repeat 10-15 times on each leg.**

#### **4. Hamstring stretch**

**While lying on your back with one knee bent, lift your target leg and use your hands to support the back of your knee. Pull your leg up towards your face until you feel a stretch behind your leg. Now hold it for 20-30 seconds, rest, and repeat two more times on each leg.**

#### **5. Gastrocnemius stretch (gastroc)**

**While standing on the step and standing on the rail, lower your heel over the edge of the step until there is a gentle stretch in your calf. Focus on keeping your knees straight and Now Now hold it it for 20-30 seconds, rest and repeat two more times on each leg.**