

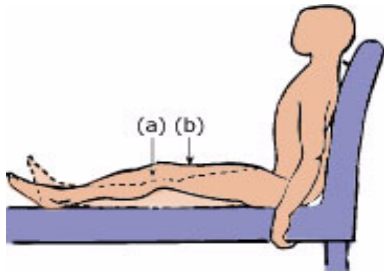
# Exercises for your knee

These exercises are designed to help people who have weakness of their *quadriceps* muscle, which is often caused by any knee disability but especially by problems of the *patella* (kneecap). Following knee disorders, the knee joint muscles and the powerful quadriceps (used for walking, climbing and running) become weak; the joint can become unstable. If done regularly several times a day, the exercises will help the knee regain its normal strength and stability.

## Exercise 1: Quadriceps tightener

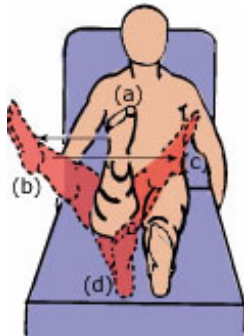
Sit upright on a couch with your legs stretched out straight in front. Slowly and deliberately tighten the thigh muscles by straightening the knee to position (a) from the relaxed position (b); brace the knee back hard. Count 2, and then relax the muscles completely. This should be done several times a day so that it becomes a habit.

Tightening the quadriceps can be done while you are standing or sitting.



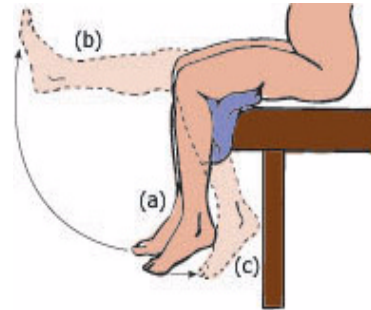
## Exercise 2: Leg lifts

Starting from the same position as in exercise 1, brace the knees straight and then lift the whole leg upward (a), outward (b), across (c) and back to the resting position (d).



## Exercise 3: Alternating leg pushes

Sit on the edge of the couch with a cushion under your knees and your legs hanging down (a). Straighten one knee firmly (b) and at the same time bend the other knee, pushing the calf hard against the couch (c). Slowly and deliberately change position so that the bent knee becomes straight and the other one pushes against the couch.



## Exercise 4: Cycling exercise

Lie on your back with your hips and knees bent and make cycling movements with your legs. Elderly patients and anyone with lower back pain should be careful when doing this exercise. This exercise can be performed on a bicycle, preferably an exercise 'bicycle'.

