

Getting Your Knee into Shape

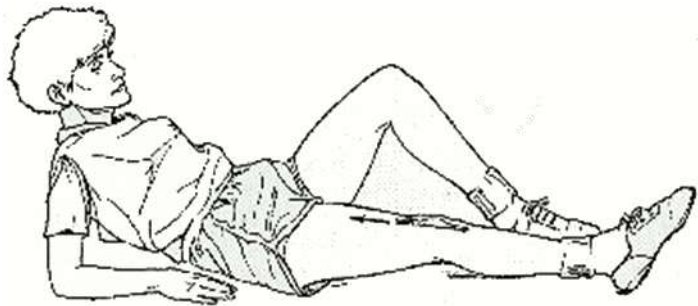
Terminal knee extension



Lie on your back with a rolled towel under your knee so that the knee is slightly bent. Lift your heel to straighten your leg. Hold this position for a count of 5, then relax (A). Repeat 10 to 15 times.

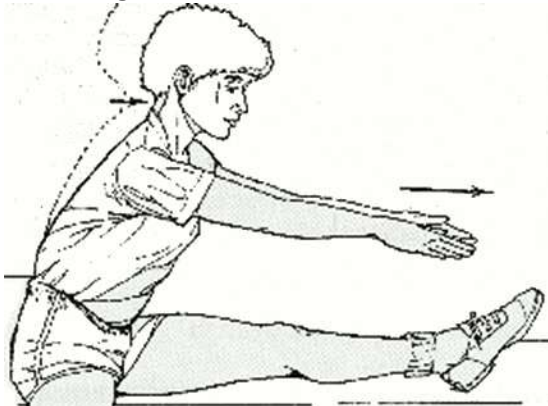
Quadriceps Tightener

Lie on your back, stand up, or sit down with your leg straight. Tighten the muscle in the front of your knee—the quadriceps—until the kneecap moves upward. Hold this for a count of 5, and then relax. Repeat 10 to 15 times.



(B).

Hamstring Stretch



Sit on a table or bench with your affected leg straight out and the opposite leg down to the side. With your chin up and back straight, slowly lean forward, as if to touch your toes (do not bounce forward). When you feel a stretch at the back of your knee, hold for a count of 10 (C). Repeat 10 to 15 times.