



1-888-218-4045

These exercises should be performed on a daily basis. Your doctor may also instruct you to use ice on the painful area for 15 to 20 minutes on a daily basis. If your symptoms severely worsen, discontinue exercises and contact your physician.



Seated Knee Extension

In a seated position, completely straighten your knee as shown and tighten your thigh muscles. Hold for 10 seconds. Repeat 10-20 times



Hamstrings Stretch

Laying on your back, grasp you leg with both hands behind your knee. Then straighten the knee and point the leg toward the ceiling. Hold stretch for 30 seconds. Repeat 3 times.



Straight Leg Raises

Laying on your back, lift one leg up as shown while keeping the knee straight and your thigh muscles tight. Repeat 10-15 times on each leg.



Squats

Stand in front of a chair and point your arms out in front of you. Perform a squat keeping your knees over your toes and lowering your bottom toward the seat. Stand back upright. Repeat 10-20 times