

6 Easy Exercises to Help Relieve Knee Pain



Thank you for taking the time to click our link and get this guide. You are taking the time to invest in yourself and your health, and that is amazing! Below we have listed 6 Easy Exercises to Relieve Knee Pain based on multiple medical journals and the successful outcomes we have had with our patients at Fusion Rehab and Wellness.

For more information or to make an appointment please contact one of our local offices.



1. Hamstring stretching

This can be performed laying on your back with a stretch strap, like this one <https://fusionpta.com/product/rangemaster-stretch-strap-blue/> or in standing. Start by laying down on your back and wrap a stretch strap around the middle of your foot and pull on the band, lifting your leg while keeping your knee straight as far off the surface as you can without increasing your pain. You can also perform this in standing by placing one leg out in front of you by about two feet and bending forward until you feel a stretch. Hold this for 30 seconds and perform 2-3 sets on each leg.



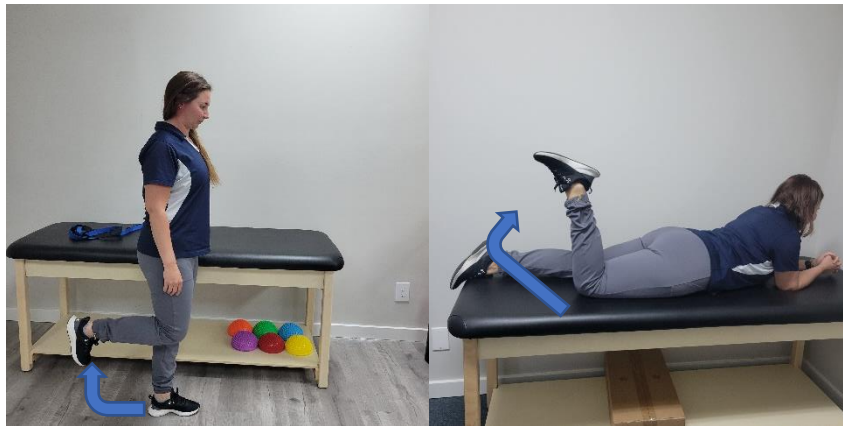
2. Calf Stretching

This can be done laying down or in standing. If you have to be laying down, you can use a stretch strap like this one, <https://fusionpta.com/product/rangemaster-stretch-strap-blue/>, and loop it around the balls of your feet and give a pull until you can feel a stretch in your calf. If you can stand up, do this stretch by leaning against a wall kicking one leg back with your knee straight and depress your heel toward the ground till you feel a stretch. Hold for 30 seconds and perform 2-3 sets on each leg



3. Straight Leg Raise

This exercise is best performed laying down on your back. While laying down, slide your heels toward your buttock while bending your knees keeping them pointing toward the ceiling. Next, straighten your affected leg out while keeping your other leg bent. Flex your quadriceps muscles, the front thigh muscles, and slowly lift your straight leg toward the ceiling stopping when your thighs are even. Now slowly lower your leg back toward the ground, stopping just short of your heel touching and raise again. Perform this exercise for 10 repetitions for 2-3 sets.



4. Hamstring Curl

This exercise can be done laying on your stomach or standing up. To perform on your stomach, lay flat on the ground or a large surface like a couch, with your legs straight out. Bending the knee of your affected side, slowly lift your foot toward your buttocks until your heel is pointing straight up toward the ceiling, then slowly lower it back toward the surface for a 3 second count. Before your toes touch the surface, repeat the rep. If you prefer standing, use a chair, counter top, or wall to help you maintain balance. Standing upright, slowly bend the knee of the affected leg toward the ceiling as far as you can actively bend it, then slowly, over a 3 second period, lower it back to the floor. Repeat this exercise for 10 repetitions for 2-3 sets.



5. Step-ups

This exercise is great for strengthening your quads and gluteal muscles and is super easy to do. When standing in front of your stairs (if you don't have any, this can be done with a step stool beside a kitchen counter so you can hold on for balance) place your affected leg onto the first step. Flex your gluteal muscle while maintaining your torso in an upright position to lift your body up to the step, then lower your body back down, maintaining foot contact on the step with the affected leg. Perform this exercise for 10 repetitions for 2-3 steps. You can also perform this as a side step-up by rotating your body 90* away from the affected side so your affected leg is still on the step.



6. Wall Squats

This exercise is great for strengthening your quads and gluteal muscles and is very safe to perform. To begin, stand against any clear wall in your home with your back against the wall. Now step your feet about two feet away from the wall with your feet shoulder width apart. Slowly lower your torso to the ground until your knees are bent to at least 45* then press through your heels to push your body back to the starting position. Perform this exercise for 10 repetitions for 2-3 sets. You may also place an exercise ball, like the ones in our online store (<https://fusionpta.com/product/dynatronics-55cm-orange-exercise-ball/>), behind your back to reduce the friction on the wall.