

When doing Knee exercises make sure to incorporate Ankle and Hip Exercises as well.

Knee Circles



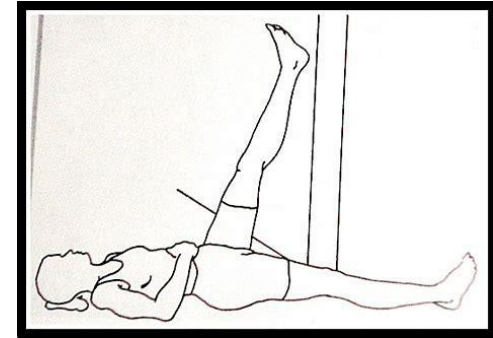
Start with your knees together and slightly bent. Place your hands on your knees and circle both knees in the same direction start small and gradually get bigger. Notice if there are any tight spots or a catch in the movement. Move your knees to a position opposite the painful spot and hold for 5-10 seconds. Recheck by circling your knees in both directions. If the catch is still there then move to the position just before the tight or tender spot and hold for 5-20 seconds.

Ski Squats



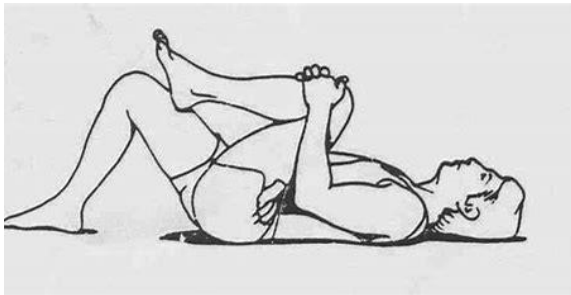
Stand with your feet together and your hands by your side. Bend at your knees and squat down till your knees make a 90 degree angle. As you squat down raise your arms up to shoulder height. Stand back up and lower your arms back down to your waist as you do. Keep knees behind toes

SLR Doorway



Lie down on the ground with your butt as close as possible to the left side of the doorway. Lift your left leg up to the wall and allow your right leg to stretch out straight on the floor. Roll your shoulders back and relax your arms by your sides. Keep both legs as straight as possible during the stretch. Hold for 5 deep breaths and repeat on the other side (this may mean flipping around and having your torso be outside of the room).

Back Knee to Chest



Begin lying on your back with your legs straight. Using your hands, slowly pull one knee toward your chest until you feel a gentle stretch in your lower back. Make sure to keep your back relaxed and flat on the ground during the stretch.