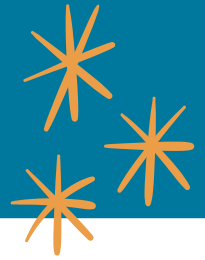


RELIEVE FRONT KNEE PAIN

Effective PT Exercises

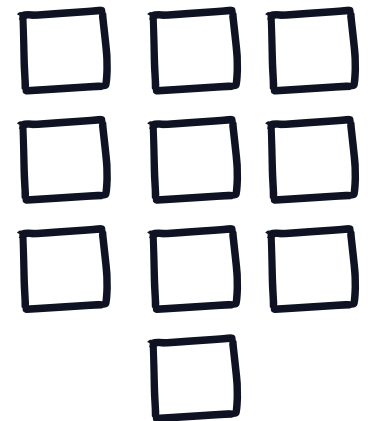


Equipment needed: light weights and a mat.

Quad Isometrics

Hold a quad contraction for 10 seconds without moving the leg.

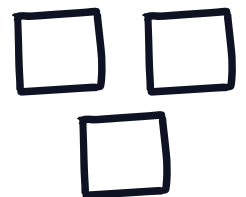
10 Sets of
10-second
holds



Leg Extensions

Extend your leg straight out in front of you and then return to the starting position.

3 Sets of
10 Reps



Squats

Stand with feet shoulder-width apart and lower your body into a squat position, then return to standing.

2 Sets of
8 Reps



Single-Leg Squats

Stand on one leg, lower your body into a squat position, then return to standing. Repeat on the other leg.

4 Sets of
8 Reps
each leg

