

## Sleeping posture

# KNEE ARTHRITIS EXERCISES

**Quad Extensions:** Sitting in a chair with both feet on the floor, slowly straighten one leg while contracting the quad until your foot is knee height. Slowly lower down. Repeat.

**Quad Sets:** Sitting with a towel under your knee, flex your foot towards you, contract your quad and press the back of your knee into the towel to raise your heel off the ground. Slowly lower your heel down. Repeat.

**Hamstring Curls:** Holding onto a chair or a counter, bring your heel to your back. Slowly lower down. Repeat.

**Pillow Squeeze:** Seated or lying on your back, Place a pillow between your thighs, squeeze the pillow between your legs, hold for 15-20 seconds. Repeat.

**Heel Slides:** Starting with legs straight bring one heel closer to your body. Slowly straighten your leg again. Repeat

**Straight Leg Raise:** Lying on your back with low back pressed to the floor, flex your foot towards you, squeeze your quad and slowly raise your leg to the height of your bent leg. Slowly return to starting position

**Hip Extension:** Lying on your stomach, contract your gluteus to raise your leg off of the floor, make sure to keep your hips on the floor- don't raise your leg so far that your hips rotate.

**Step Ups:** Slowly step up on a step or box, stand up tall at the top of the step and contract your quad to straighten your leg. Slowly step back down with the same foot you stepped up with. Repeat on both legs.