Knee Stretching Guide for Mobility and Pain Relief

Simple daily stretches to help you feel better and move easier

PRONE QUAD STRETCH WITH MULTI-LOOP STRAP

Start by lying on your stomach with a stretching strap linked looped around your affected side foot.

Next, use the belt to pull the knee into a bent position allowing for a stretch as shown.

- Perform: 3 Repetitions
- Hold: 15 Seconds
- Complete: 1 Set
- Frequency: 2 X / Day

STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

- Perform: 15 Repetitions
- Hold: 5 Seconds
- Complete: 1 Set
- Frequency: 2 X / Day

SUPINE HIP ABDUCTION - ELASTIC BAND CLAMS - CLAMSHELL

Lie down on your back with your knees bent. Place an elastic band around your knees and then pull your knees apart. Return your knees together and repeat.

- Perform: 10 Repetitions
- Hold: 5 Seconds
- Complete: 3 Sets
- Frequency: 2 X / Day

Quad Set

While laying or sitting, flex your quads by pressing your knee down towards the mat.

- Perform: 15 Repetitions
- Hold: 5 Seconds
- Complete: 1 Set
- Frequency: 2 X / Day