

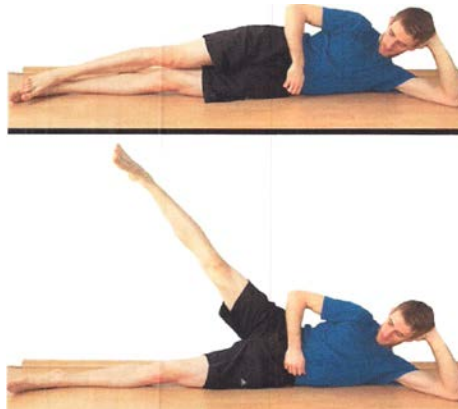
Home Knee Rehab Exercises



STANDING LEG CURLS

Line your knee up with the center of the knee you are standing on. Keep your toes pointed up towards your shins. Curl your leg as high as you can or until your knees are at less than a 90° angle.

Hamstrings, towards origin.



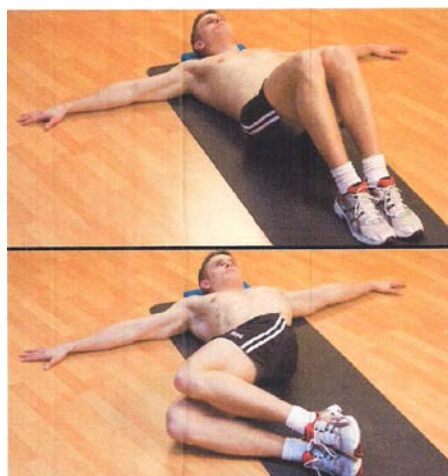
HIP ABDUCTION

Lying on your side, bend your bottom leg up underneath the top leg. Keep the top leg straight and lift it up away from your body roughly 45°. Let your leg return slightly past the midline of the body to get a good stretch and repeat. Perform on both sides.

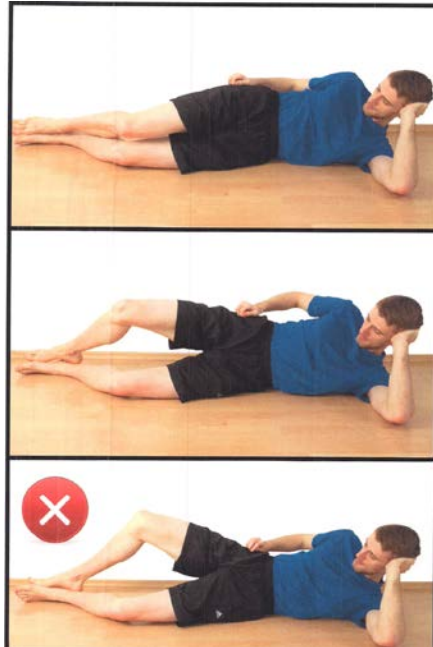
Abductors.



STEP-UPS	Pick a bench or step that's height is such that your knee never has to bend more than 90°. Keep the abs tights and belly button pulled in and neck straight with eyes looking straight ahead. Place one foot on top of the bench or step and squeeze the glutes as you use your quadriceps to straighten the knee and lift your body up so the other foot Perform the correct number of repetitions and repeat with the other leg.	Gluteus Maximus, Hamstrings, Quadriceps.	Abdominals, Spinal Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.
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REVERSE TRUNK TWISTS	Lying on your back, keep your feet on the floor to begin. Keeping the legs slightly bent at 90 degrees and the lower back pressed against the floor slowly lower your legs to the right as far as you can without letting you're your back and shoulders lift off the floor. Return to the starting position and repeat on the other side. As this gets easy you can progress to extending your legs up in the air so there is a 90° degree angle at your hip.	Obliques	Rectus Abdominis
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CLAM SHELLS	Lying on your side, with your upper body supported on your elbow. Bend the knees slightly and keep the top leg directly on top of the bottom one. Keeping your feet touching, lift the knee of the top leg up as wide as possible. Pause at the top and return stopping just before your knees touch and repeat.	Abductors, Obliques.	Glutes, IT band, Adductors
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HIP FLEXION	Starting from a standing position, bring your knee up so the thigh is parallel to the floor while bending your knee.	Hip flexors.	Quadriceps
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