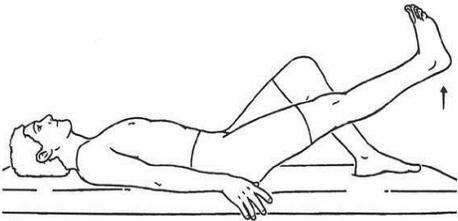
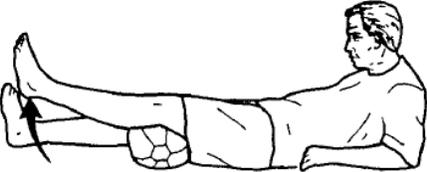
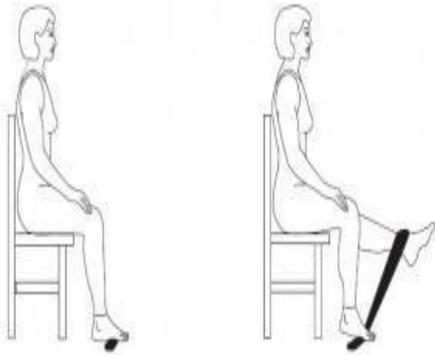
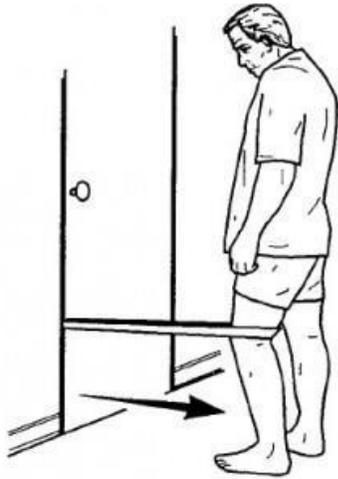


Knee strengthening exercises	Descriptions
	<p>Lying down on your back comfortably. Bend your left knee keeping your foot flat. Lift the right leg up to the level parallel to the left thigh. Hold it for 10-15 counts. Relax. Do it again.</p>
<p>Mini-squats</p> 	<p>Hold onto a stable object. Slowly bend your knees. Keep both feet on the floor.</p>
	<p>Lie on your back on the floor with your legs out straight. Raise your upper body, using your elbows for support. Use a round ball or a tube-shaped pillow under your knee. Straighten your knee over the ball or pillow to raise your heel about 10 inches off the floor.</p>
	<p>Stand with your back, head and shoulders against the wall. Your feet should be out in front of you and more than shoulder width apart for balance.</p> <p>Place a towel roll or a small ball between your legs just above your knees. Slide against the wall to lower your buttocks into a sitting position. Squeeze the towel or ball as you go down. Hold, then push back up. Relax and repeat.</p>



Secure the band in a doorway or someplace so that it won't snap off and just above your knee. Face forward with your knee slightly bent. There should already be some tension there. Straighten your knee so you can feel the pull. Hold for 5- 10 seconds, repeat. (try doing as many as you can up to 20 without feeling any pain. if you feel pain, stop immediately).

Sit in a chair that your feet can start being flat on the floor. Wrap the band around your left ankle, secure the other side under your right foot. Lift the left leg until you feel the pull, then relax and repeat. Do the same exercise on the other leg. (try doing as many as you can up to 20 without feeling any pain. if you feel pain, stop immediately)