

# Easy Exercises to Reduce and Relieve Knee Pain

Time to Completion: 10 minutes

## EXERCISE 1: HEEL SLIDE - [REPEAT 10 TIMES](#)



### STEP 1

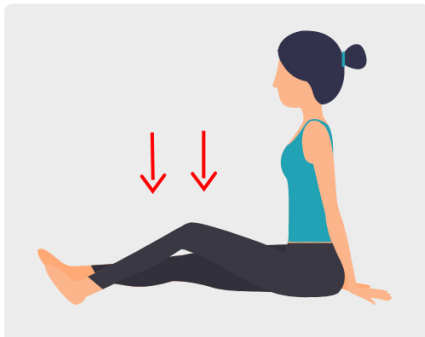
Sit on a firm surface with one or both legs stretched out in front of you.



### STEP 2

Slowly slide the heel of one leg toward your buttock by pulling your knee to your chest as you slide. Return to the starting position.

## EXERCISE 2: QUAD SETS - [REPEAT 10 TIMES](#)



### STEP 1

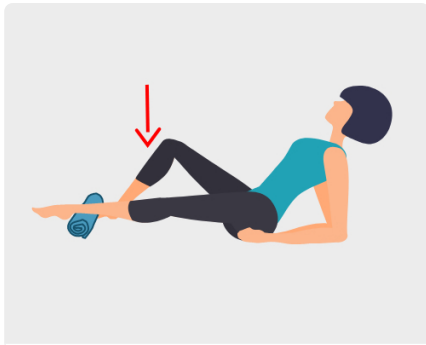
Sitting on the floor with one leg straight and your other leg bent, press the back of your knee of your straight leg into the floor by tightening the muscles on the top of your thigh.



### STEP 2

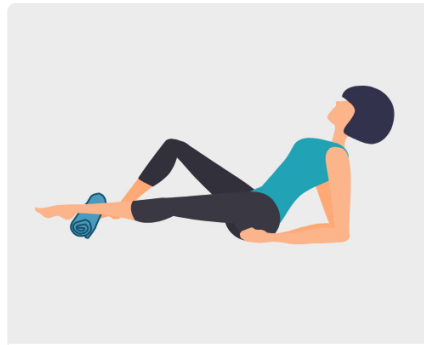
Hold this position for 10 seconds. Then relax.

## EXERCISE 3: PASSIVE KNEE EXTENSION - [REPEAT 3 TIMES](#)



#### STEP 1

While lying on your back, place a rolled-up towel underneath the heel of your injured leg so the heel is about 6 inches off the ground.

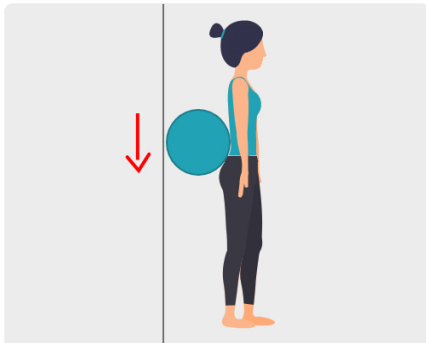


#### STEP 2

HOLD FOR 60 SECONDS

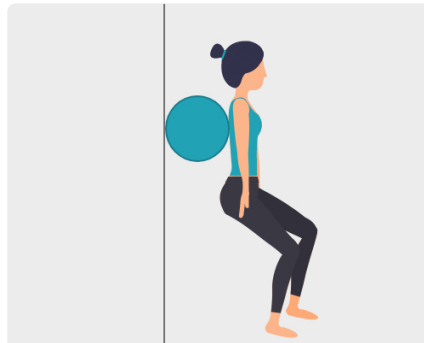
Relax your leg muscles and let gravity slowly straighten your knee. You may feel some discomfort while doing this exercise. **Try to hold this position for 2 minutes.**

#### EXERCISE 4: WALL SQUAT WITH A BALL - [REPEAT 10 TIMES](#)



#### STEP 1

Stand with your back, shoulders, and head against a wall and look straight ahead. Keep your shoulders relaxed and your feet 2 feet away from the wall and a shoulder's width apart. Place a soccer or basketball-sized ball behind your back.



#### STEP 2

HOLD FOR 10 SECONDS

Keeping your head against the wall, slowly squat down to a 45 degree angle. Your thighs will not yet be parallel to the floor. **Hold this position for 10 seconds** and then slowly slide back up the wall.