

KNEE OA

STEP 1



STEP 2



Supine Heel Slide with Strap

REPS: 15 | SETS: 2 | HOLD: 5 SECONDS | DAILY: 2 | WEEKLY: 7

Setup:

Begin lying on your back with your legs straight, holding the ends of a strap that is looped around the bottom of one foot.

Movement:

Pull on the strap, sliding your heel toward your buttocks, then slide your heel back to the starting position and repeat.

Tip:

Make sure you keep your back flat against the bed during the exercise.

STEP 1



STEP 2



Supine Quad Set

REPS: 15 | SETS: 2 | HOLD: 5 SECONDS | DAILY: 2 | WEEKLY: 7

Setup:

Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll.

Movement:

Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

Tip:

Make sure to keep your back flat against the floor during the exercise.

STEP 1



STEP 2



Active Straight Leg Raise with Quad Set

REPS: 15 | SETS: 2 | HOLD: 1 SECONDS | DAILY: 1 | WEEKLY: 7

Setup:

Begin lying on your back with one knee bent and your other leg straight

Movement:

Squeeze the thigh muscles in your straight leg and flex your foot, then slowly lift your leg until it is parallel with your other thigh. Lower your leg back to the starting position and repeat.

Tip:

Make sure to keep your back flat against the floor during the exercise.

SCAN WITH PHONE
FOR VIDEOS

