

# Knee Stretching Exercises

## THESE EXERCISES

The exercises below are stretches for your lower leg, for the muscles and nerves from your pelvis and hip down to your knee. Having good flexibility will help balance the loads and strains on your knee joint. You should always be guided by your physical therapist

who may add or delete stretches for your specific injury phase and severity. Remember whilst stretching you should not be in pain, if you are, please stop and consult your physical therapist to make adjustments.

### Quadriceps Stretch

Pull your foot towards your bottom. If you are unsteady on your feet, make sure you hold on to something sturdy like a wall or a table. You will feel a stretch to the quadricep muscles at the front of your thigh. Hold for 20 seconds. Perform both sides



**Video:**

<http://youtu.be/BZwmTXwu2fk>

SETS

REPS



### Hamstring Stretch

Standing up, place your foot on a chair. Keep your leg straight. You should feel a stretch behind your knee and into the back of your thigh. Pull your toes towards you. To make the stretch stronger, push your leg downwards into the chair, or rest your foot on something higher. This exercise will stretch your hamstring muscle group. Hold for 20 seconds. Perform both sides.



**Video:**

<https://youtu.be/WAjeU2rhJ1U>

SETS

REPS

### Hip Flexor Stretch

Perch on a bed, or a sturdy table, and hold one knee on your chest, while your other leg flops down over the end of the bed. You should feel a stretch into the front of your thigh. Hold for 20 seconds. Perform both sides.



**Video:**

<http://youtu.be/HQ98cQN6yyl>

SETS

REPS

### Gluteus Stretch Sitting

Sit on the floor, and stretch one leg in front of you. Place your other knee towards your chest, with your leg crossing the straight one. Hold on to your bent leg, and twist to the same side creating a stretch to your gluteal (buttock) muscles. Hold for 20 seconds. Perform both sides.



**Video:**

[https://youtu.be/Pjq54qOuE\\_A](https://youtu.be/Pjq54qOuE_A)

SETS

REPS

### Gluteus Stretch Sitting

Place your ankle across your opposite knee, and pull your ankle upwards while pushing downwards on your knee (of the side being stretched). You will feel a stretch in your bottom. Hold for 20 seconds. Perform both sides.



**Video:**

<http://youtu.be/6CDnxMFSq7k>

SETS

REPS

### Adductor Stretch Lying Two Legs

Lie on your back, bend your knees, and drop your legs out to the side. You will feel a stretch on the inside of your thighs, known as the adductor muscle group. Hold for 20 seconds. Perform both sides.



**Video:**

<http://youtu.be/cgoxtfTXkOk>

SETS

REPS

The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2019