

MOVE IT! MONDAY

Exercises to Help Your Knees

Are you worried that working out could cause more knee damage or pain? As long as your doctor says it's OK, the best thing you can do is to strengthen the muscles that support your knee and keep them flexible.



Warm Up First - You can ride a stationary bike for about 5 minutes, take a brisk 2-minute walk while pumping your arms, or do 15-20 wall push-ups followed by the same number of calf raises. Doing this will help you get more out of your workout, prepare you to stretch, and lower your risk of an injury.

Straight Leg Raises



Lie on your back on the floor or another flat surface. Bend one knee and place your foot flat on the floor. Keeping the other leg straight, raise it to the height of the opposite knee. Repeat 10-15 times for three sets.

Hamstring Curls



Prone Straight Leg Raise

Lie on your stomach with your legs straight. Tighten the muscles in your bottom and the hamstring of one leg, and lift toward the ceiling. Hold 3-5 seconds, lower, and repeat. Do 10-15 lifts and switch sides. You can add ankle weights as you gain strength. You shouldn't feel back pain. If you do, limit how high you lift up. If it still hurts, stop and talk to your doctor.



Wall Squats



Stand with your back against a wall, your feet about shoulder-width apart. Slowly bend your knees, and keep your back and pelvis against the wall. Hold for 5-10 seconds. Don't bend too deeply. If you feel pressure or discomfort in your knees, change your position. Repeat the exercise, and try to hold the sit position a few seconds longer each time.

Calf Raise



Stand facing the back of a sturdy chair, other support such as the back of a couch, or a wall bar at the gym. You can also do this on the stairs, holding on to the banister with your heels hanging off the edge of the step. Slowly raise the heels as high as you can, then lower. Do three sets of 10-15. When it becomes easy, lift one foot slightly off the floor, with all your weight on the other foot.