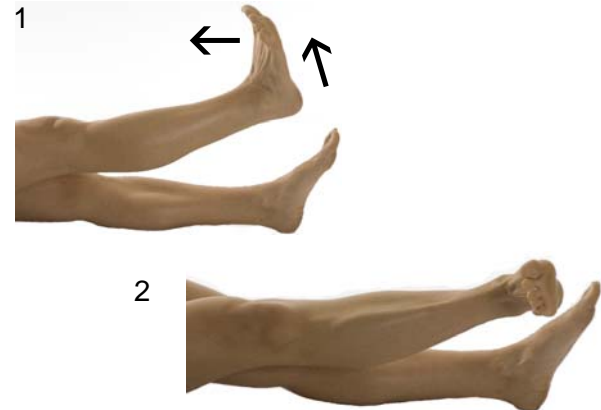


Isometric Strengthening

- 1) Sitting on the floor, legs straight, point your toes towards your body and then brace the knee by tightening the thigh. Hold for 10 sec.
- 1A) If you feel discomfort in the front, or back of your knee place a rolled up towel under the knee
- 2) Repeat 10 times


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Isometric Strengthening

- 1) Pull toes towards body, brace the knee and lift straightened leg up about 12 inches. Hold for 10 sec. Repeat 10 times
- 2) Perform the same movement as in 1) but then rotate the leg outwards, so the inner part of the knee faces upwards. Repeat 10 times


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Isometric Strengthening

- 1) Place a rolled towel under the thigh. Pointing your toes towards your body, brace the knee to straighten it and lift the leg up about 12 inches. Hold for 10 sec.
- 2) Repeat 10 times

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Isometric Strengthening

- 1) In a seated position, knees bent, straighten the leg, pointing the toes towards body while bracing the knee. Hold for 10 sec.
- 2) Repeat 10 times

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