

Knee Exercises

Knee Dips



Start with single leg stance standing on object above floor, such as a stair step or phone book and dip the opposite foot as if testing the water while standing on the edge of a pool. Perform 10-15 repetitions and repeat on opposite side.



Deep Knee Lunge

Hamstring Stretch

Maintain a neutral pelvis and hinge from the ball and socket hip joints.
Do not flex the low back for this stretch.



Lunge to a Rocker Board
Stability is trained by the unsteady surface,

Squats on Rocker Board
with and without heavy ball.
Maintain knee alignment in front of body.