

Exercises for Knees

Goals of the Program

- Reduce knee pain and stiffness
- Improve leg strength and stability
- Support walking and line dancing activities
- Maintain independence and confidence with movement

Warm-Up (Before Every Strength Session – 5–8 Minutes)

- March in place – 1–2 minutes
- Gentle knee bends – 10 reps
- Hip circles – 10 each direction
- Light walking

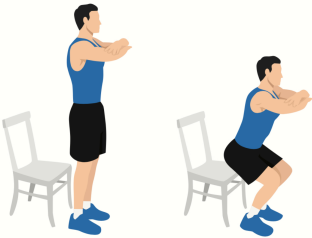
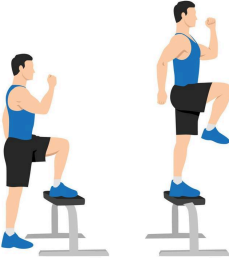

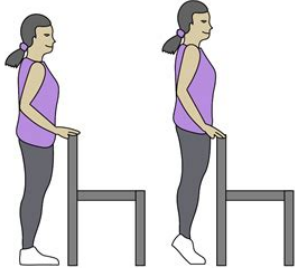
Daily Mobility Routine (5–10 Minutes)

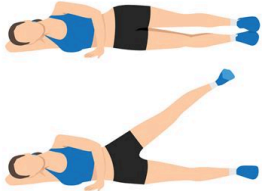
- Hamstring stretch – 20 seconds each side
- Calf stretch – 20 seconds each side
- Gentle quad stretch (if comfortable)
- Ankle circles

Simple Safety Guidelines

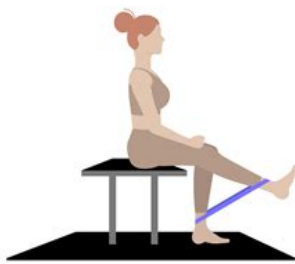
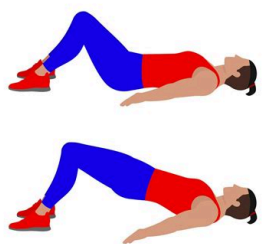
- Alternate the two strength workouts, aiming for two strength sessions (1 of each) per week
- Mild discomfort is acceptable. Sharp pain is not.
- Avoid deep squats or twisting movements.
- Increase reps before increasing difficulty.
- If knees feel sore the next day, reduce the number of repetitions slightly.


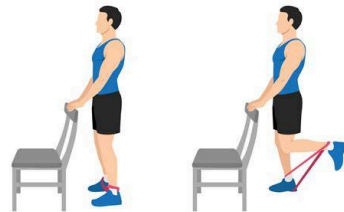
Workout A – Lower Body Stability Focus

<p>Sit-to-Stand (Chair Squat)</p> <p>2–3 sets of 8–12 reps</p>	<p>To perform a chair squat, stand in front of a chair, lower your hips down and back until you gently tap the seat, then squeeze your glutes and hamstrings to return to a standing position.</p>	
<p>Step-Ups (Low Step)</p> <p>2 sets of 8 each leg</p>	<p>Choose a height that allows you to perform the actions smoothly and controlled.</p> <p>Focus on pushing up through the leg that is on the step.</p> <p>When lowering back down off the step, work against gravity to slowly lower yourself down (rather than falling)</p>	
<p>Straight Leg Raise</p> <p>2 sets of 10 each leg. Hold 2–3 seconds.</p>	<p>Lie on your back with one leg resting straight on the floor and the other bent at the knee (with your foot flat on the ground).</p> <p>Raise your straight leg toward the ceiling, focusing on keeping your leg straight as you do so. Hold for a few seconds and relax your leg back to the floor.</p>	
<p>Heel Raises</p> <p>2–3 sets of 10–15 reps</p>	<p>Stand with your feet about 10 centimetres apart, with your hands resting on a counter or chair in front of you.</p> <p>Slowly raise your heels off the floor while keeping your knees straight. Hold for about 6 seconds, then slowly lower</p>	

	your heels to the floor.	
<p>Side Leg Raises</p> <p>2 sets of 10 each side.</p>	<p>Lie down on your side on a mat or the floor. Your body should be in a straight line with your legs extended and feet stacked on top of each other.</p> <p>As you exhale, gently raise your top leg off the lower leg. Stop raising your leg when you feel the muscles flex in your lower back or obliques.</p> <p>Inhale and lower the leg back down to meet the right leg. Stack your feet again.</p>	

Workout B – Strength + Knee Protection

<p>Seated Knee Extension</p> <p>2–3 sets of 10 reps.</p>	<p>Start by sitting on a chair or bench. Extend your knee to the fullest range tolerable and hold a strong isometric contraction for 5-7 seconds. Gently lower the leg by bending the knee to complete a repetition.</p> <p>Add a resistance band once it feels easy.</p>	
<p>Glute Bridge</p> <p>2 sets of 10 reps.</p>	<p>Lie on your back with your knees about shoulder-width apart, feet flat to the ground and your knees bent. Make sure your toes are pointed straight forward and that your heels are 6–8 inches from your glutes. Lay your arms flat on either side of you.</p> <p>Slowly raise your hips, engage your glutes, and squeeze your abs. Don't arch your back as you lift your hips. A perfect glute bridge involves</p>	 <p>GLUTE BRIDGE</p>

	<p>elevating your hips until your torso forms a straight line from your shoulder to your knee.</p> <p>Once you reach the top of the glute bridge, squeeze your glutes as tightly as possible and hold for a few seconds then lower your hips back down to the ground.</p>	
<p>Supported Split Squat (Very Shallow)</p> <p>Hold chair. Small bend only.</p> <p>2 sets of 6–8 each leg.</p>	<p>Stand up straight and take one large step forward. Maintaining your balance, bend your knees to approximately 45 degrees. Ensure your front knee does not drop inwards. Tighten your thigh and buttock muscles to straighten back up again.</p>	
<p>Standing Hamstring Curl</p> <p>2 sets of 10 each leg</p>	<p>Stand with your legs together. Use your walker or hold onto something for balance. Bend your knee to lift your lower leg so it is parallel to the floor. Then slowly lower your leg back to the starting position. Avoid letting your foot drop down. Do this exercise with each leg. Use a resistance band once the exercise feels easy.</p>	
<p>Farmer Carry (Optional)</p> <p>Hold light weights and walk 30–60 seconds.</p> <p>Repeat 2 rounds.</p>	<p>The farmer’s carry is a powerhouse exercise that involves holding a weight in each hand and walking for a distance or time. Keep your head up, shoulders back, and core engaged. The farmer’s carry is good for your entire body (arms, forearms, shoulders, upper back, lower back, abdominals and legs).</p>	