

## Exercise Prescription: Repeated Knee Extension

### Purpose of Exercise:

This is a beginner self-treatment for knee pain and stiffness.

### Frequency:

3-4 times per day or about once every 3-4 hours.

### Starting Position:

Sit on a fixed chair with your spine in a neutral position.

### Exercise Description:

From the starting position, slowly straighten the affected knee, squeezing as firmly as possible with your quads. Try to straighten the knee as much as possible, or if painful, to the edge of the pain.

Hold this position for 2-3 seconds, then bend your knee back into the starting position. Repeat this movement 10-12 times per session.

Remember that some minor new pains are normal and expected but should decrease with each subsequent repetition. If the pain becomes worse with each repetition, discontinue the exercise.

### Pictures:

