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"treating the cause of your problem, not just the symptoms"

Knee exercises



1) Stand on the first step of a flight of stairs. Put the "ball" of the right foot on the very edge. Leave the left foot on the step and put your left hand on the wall. Put approximately half of your body weight on the right foot. Slowly drop your right heel towards the floor. Then slowly raise the right heel away from the floor, lifting your body. This will contract the muscles at the back of the lower leg. Repeat until the muscle gets tired. Repeat four times for each leg



2) While using the back of a chair for balance, stand with both feet on the floor. Use an ankle weight on the right ankle. Slowly bend the knee to about one hundred and twenty degrees, which will raise your heel toward the buttock. You should feel the muscles in the back of the thigh contract. Continue to repeat this movement until the muscles get fatigued. Repeat on each leg four times.



3) While holding each end, use both feet to stand on a length of rubber tubing or banding. Your feet should be about six inches apart and toes pointing straightforward. Slowly bend your knees to **NO GREATER THAN ONE HUNDRED DEGREES**. Then slowly stand up straight again. Don't stop at the top to rest between each squat. Repeat until the front thigh muscles fatigue. Do this exercise four times.