

# *Knee Exercise*

## **Knee Exercise: Before You Start**

Our knees take a lot of punishment through our lives. Running, sports and stairs can take a toll on delicate knee joints.

The good news is that you can help your knees by strengthening your quad (thigh) muscles. Knee joints are supported by the strongest muscle, so if your quads are strong your knee joints will be stronger.

Before you start any knee exercise program, check with your doctor to make sure these exercises are safe for you.

- Take a few minutes to walk around and give your knee joints and thigh muscles a chance to stretch and warm up.
- All movements should be done slowly, at a controlled pace. Never rush through these exercises.
- Use slow, steady movements. No bouncing.
- Start with a small number of repetitions, increasing the number of reps as you get stronger.