acupuncture · wellness

Knee Home Exercises

9 essential exercises to help prevent knee pain

KN-Phase1

Strengthen the muscles around your knee, improve joint flexibility, and help ease knee pain.

Precautions

- Exercise only within a range that is not painful for your knee.
- Move slowly and gently.
- Stop right away if you feel sharp or severe pain.

How often

- Do each exercise 10 times, 2 sets (or as shown on each card).
- Do the routine 1–2 times a day, every day.



1 Quad Set

1. Place a rolled towel under your knee and press the knee down into it.
2. Hold for 5 seconds, then slowly relax.

10 reps · 5-sec hold



2 Leg Raise

1. Keep one knee straight and slowly lift the leg.
2. Slowly lower it back down.

10 reps · 2 sets



3 Hamstring Stretch

1. Loop a towel around your foot, straighten your leg, and slowly pull.
2. Feel the stretch in the back of your thigh.

15–30 sec · each side



4 Calf Stretch

1. Place your hands on a wall and step one leg back.
2. Keep your back heel on the floor and feel the stretch in your calf.

15–30 sec · each side



5 Mini Squat

1. Slowly bend your knees partway and stand back up, keeping your knees from moving past your toes.

10 reps · 2 sets



6 Heel Raise

1. Hold onto a chair and rise up onto your toes.
2. Slowly lower your heels.

10 reps · 2 sets



7 Straight Leg Raise

1. Keep your knee straight and lift your leg.
2. Slowly lower it.

10 reps · 2 sets



8 Step-Up

1. Step up onto a stair or low step with one leg.
2. Slowly step back down.

10 reps · 2 sets



9 Single-Leg Balance

1. Lift one leg and hold your balance. Stand near a wall or chair for support if needed.
2. Hold 10 seconds, then switch sides.

10 sec · each side

Get medical care right away if you notice:

- You can't put weight on the leg after an injury, or the knee locks or gives way
- Sudden, severe swelling after an injury
- A red, hot, swollen knee, or fever
- Calf pain, swelling, warmth, or redness in the lower leg

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These are simple, comfortable exercises for everyday home use, based on materials from respected medical organizations. For exercises tailored to your symptoms, talk with your healthcare provider. This material does not replace an individual medical evaluation.

Sources: AAOS OrthoInfo – Knee Conditioning Program; AAOS OrthoInfo – Foot and Ankle Conditioning Program. These organizations have not reviewed or endorsed this material. Illustrations created with AI.