

Static Quad Exercises

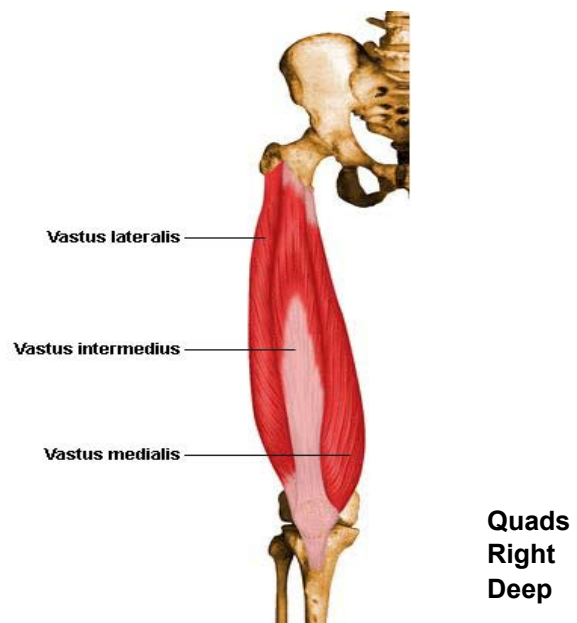
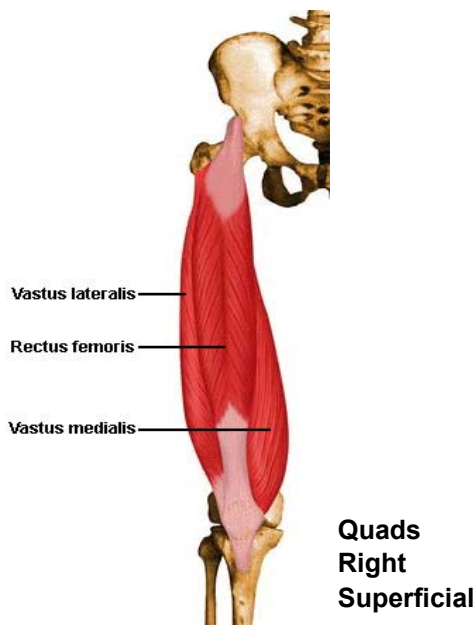
The Purpose of this exercise is to strengthen the thigh muscles, thereby stabilising the knee.

More stability will lead to less wear and less pain.

It is also good preparation if you are having a hip or knee replacement.

In Osteoarthritis the exercise is best done whilst lying down.

These exercises are also useful in anterior knee pain, and other patella tracking problems.



Method

Hold the leg straight.

Make the thigh muscles hard (pull up your toes too) for 3 seconds.

Relax

Repeat 20 times a day, but not more than 2 in one go.

It will take weeks to strengthen the muscle, so persistence is required.