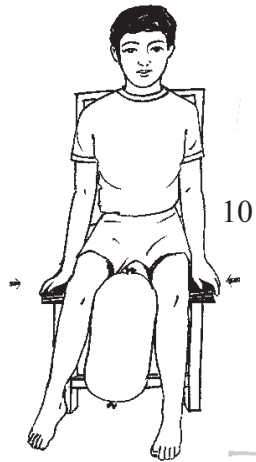
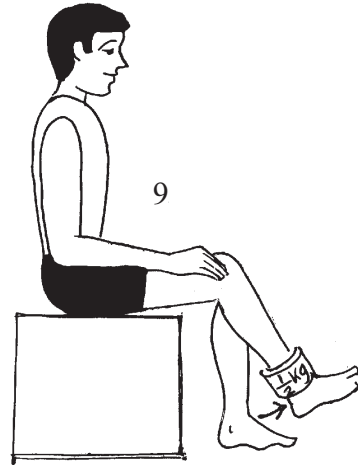


9. This exercise can also be done using an ankle weight.



10. Sit on a chair. Keep a large bolster, ball, or pillow between your knees and press it to strengthen your inner thigh muscles. Similarly, pressing a pillow on a wall with your outer knee strengthens outer thigh muscles.

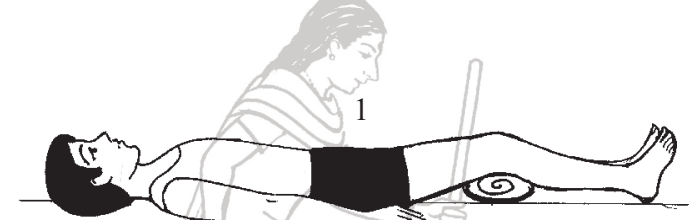
पङ्गुं लङ्घयते गिरिम् ।

Setubandhasan, pashchimottanasan, pavanmuktasan, ardhakatchakrasan, shalabhasan, dhanurasan, and veerasan are some of the yoga postures that help to relieve knee pain. One can practice most postures in standing or lying down position. However, Vajrasan and postures involving folding knees (swastikasan, padmasan, simhasan, utkatasan) should not be practiced for a long time.

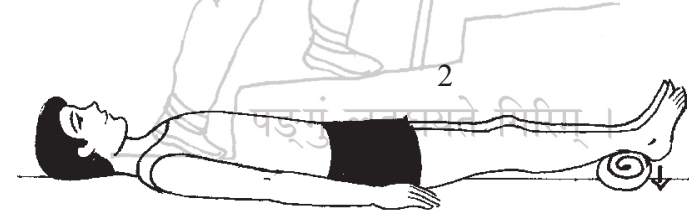
Tejas Apartments, 1078 Shukrawar Peth, Tilak Road, Hirabag,
Pune 411 002. • **Tel. :** (020) 2447 8993, 97634 07229, 84464 05050
• **Email :** sywagh@yahoo.co.in • **Web :** www.arthritis-india.com
• **You Tube :** Dr. Shrikant Wagh

Knee Exercises

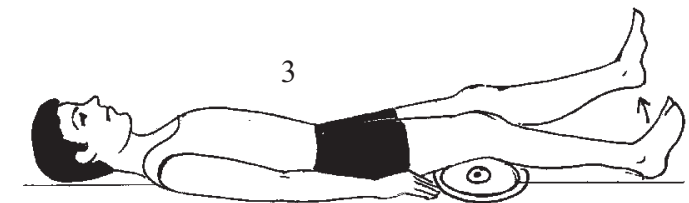
1. Lie down on your back and contract upper thigh muscles to pull up the knee cap (patella). Pressing a bolster under the knee to stiffen your knee cap is a better exercise. Stiffening of knee caps can be done at any time and even in a standing position.



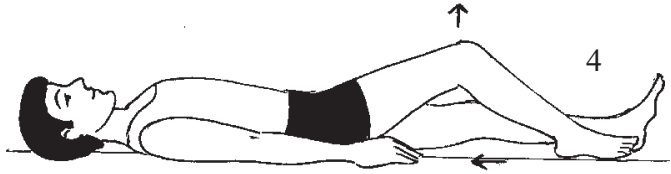
2. Keep a bolster under your heels and press. This exercise stretches muscles on the back of your thigh.



3. Keep a bolster under your knee. Press your knee on it and raise your leg to 180 degrees. Your knee must be steady during this exercise.



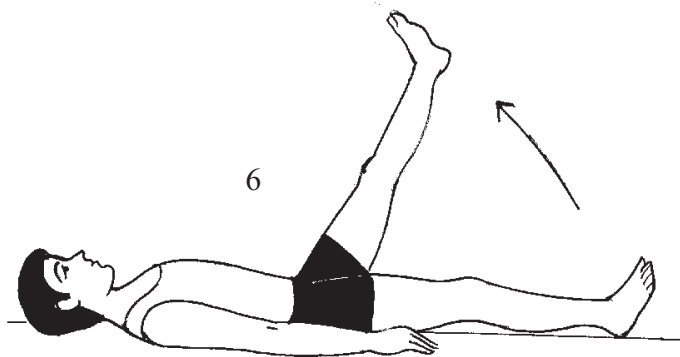
4. Lie on your back, fold your knee and keep your foot flat on the ground. Next, bring up your foot slowly near your hand. This action will lift your knee.



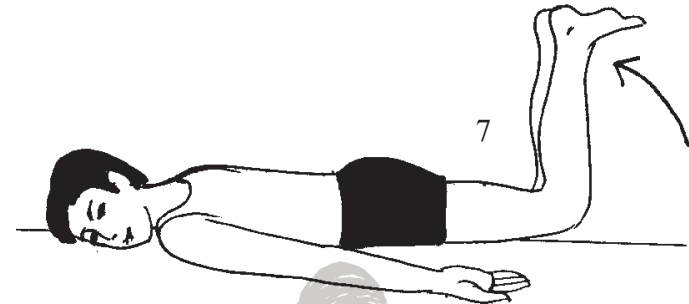
5. Lift your thigh to 20 degrees and press heel on the ground.



6. Bring both legs together and raise one leg as much as you can. Do not bend your knee and try to steady your leg. You can use an ankle weight during this exercise later on for more strengthening.



7. Lie flat on the abdomen and lift your feet to bend both your knees up to 90°. You can also use an ankle weight during this exercise.



8. Sit on a chair. Raise your leg slowly up to straighten your knee.

