

Isometric Exercises to
reduce Hip & Knee
pain.

Bijal Shah, PT
lfeofpt.com

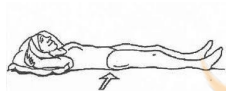
Knee Isometrics - Quad Sets



- Place a rolled towel or a washcloth under your knee.
- Squeeze your knee cap as if you are trying to push down on the towel.
- Hold it for 3 to 5 seconds and release.
- Repeat it for 10 times, twice a day.

Hip Abduction and Extension:

- Place a rolled towel or a washcloth under your heel.
- Squeeze your buttock muscles so that you are pushing/pressing down the wash clothes.
- Hold it for 3 to 5 seconds and release.
- Repeat for 10 times, twice a day.



Hip Adduction.



- Put a pillow between two legs while lying on your back.
- Squeeze the pillow for 3 to 5 seconds in pain free range and then relax.
- Don't hold your breath.
- Repeat it 10 times
- Twice a day.

Hip Flexion:

- Lying down on your back, bend you hip and knee to 90 degrees, press down on your knee while trying to bring the hip upwards.
- Hold for 3 to 5 seconds and release.
- Repeat for 10 times.

