Know Your Joints

Muscle and Joint Care Suggestions

Knee Joint Stretch

Stretch only until you feel tightness. You shouldn't feel pain.

- Place foot on chair and step back with opposite foot
- Lunge back and forth going deeper into knee flexion each time. Keep both feet flat and keep back leg straight and foot flat. Do multiple pain-free repetitions.
- This motion stretches the knee joint as well as the upper leg and calf
- Repeat other side

Single Leg Extensions

- In a chair keeping an upright posture extend one leg at a time to full extension, pause, and return. Do multiple pain-free repetitions.

Single Leg Curls

- Standing holding to support keeping an upright posture flexing one leg at a time to 90 + degrees, pause, and return. Do multiple pain-free repetitions.

Supported Squats

- This simple squat motion is more about nourishing your joint than exercise. Hold onto a solid support at waist height, hinge back at hips and squat down, keep knees over ankles. Go down to tolerance. Do multiple pain-free repetitions. See Form Page.

Patella Mobility

- This is a great motion to increase mobility of your knee cap (see video). Stop if you have pain.

These are some of my favorite must do knee movements especially if you have sore knees. These simple motions nourish your joints.

See our Joint Care Program and Knee Care Program