

Knee Strengthening Exercise



Vastus Medialis Exercise

- Step 1: Sit with Thera-Band tied around ankle, secured to a chair
- Step 2: Turn leg outward (lateral rotation) and bring toes toward body (Dorsiflexion)
- Step 3: Start with leg bent at 150-160°, stabilize the thigh in this position
- Step 4: Slowly straighten leg, hold for 2 seconds
- Step 5: Slowly return to beginning position
- Step 6: Repeat exercise 8-12 times