



Try These Amazing Stretches To Keep Your Knees Healthy Now And Ever

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EXERCISE

Knee Pain is a common problem that curses people of all ages nowadays. Many times, knee pain is caused due to tight muscles in your body. Your knees take a beating in your day to day life. Every step you take puts a force equal to 1.5 times your bodyweight on your knee and especially when you are walking on level ground. Feeling weak in the knees is only a good thing when you continuously sit for a long run activity without moving.

So if you are from one of those people who just can't quit their habit of long distance runs, there are some simple moves and stretches that you can try that will help you to relieve pain:-

Wall Calf Stretch

Calf muscles often get ignored during our stretching efforts. However, for those who run, do high-impact workouts, or spend a lot of time on their feet, calf stretches are very necessary for legs. Calves can get very tight from injury and need to be stretched to alleviate any pain that might travel up the knee.

How to do:

Find a wall you can lean against. Facing the wall, bend your right foot and position your heel right where the floor meets the vertical surface. Your toes should be inflated, while your heel remains on the floor. Keeping your heel on the ground and your leg as straight as possible, lean toward your front leg, holding the stretch at its deepest point. Lean in for five seconds at a time before releasing, working to deepen the stretch. Repeat the same stretch with your left leg. Aim for 10 to 15 reps on each leg—or more, if you're still experiencing tightness.



Half-Kneel Hip and Quad Stretch

This stretch is amazing for your knee pain. It also works double duty for your hip and quad muscles.

How to do:

Kneel on one knee (feel free to put down a towel or mat) with your other foot planted flat on the ground in front of you. Make close to a 90-degree angle with both of your legs. Bend forward toward your front leg, stretching the front of your hip downward. Next, take the ankle of your leg planted on the ground, and pull it toward your rear for a deep hamstring and hip stretch down the front leg, all the way to your knee. Move in and out of this stretch for 10 to 15 reps or more, depending on your level of tightness.



Wall Hamstring Stretch

Our hamstring muscles affect the knee more than we think and can be the source of pain.

How to do:

Lie faceup with your left leg flat on the ground, foot bent. Take your right leg and put it up on a wall or table, or use a resistance band. This stretch should scatter down the back of your leg, beginning in your knee. Once you find the deepest point of the stretch, alternate in five-second sequences between contracting and relaxing the foot of your right leg. If you have greater flexibility, hold the ankle of your right leg and pull it toward you. Aim for 10 to 15 rounds of five-second holds, and continue if you still feel tight. Repeat with your left leg.



Quad Foam Roller Stretch

Stretching your quads is very important, as they get adjusting short from all the sitting most of us do every day and are often under constant tension.

How to do:

Lie face down and with a foam roller under your right leg, right under your quad. Put the majority of your bodyweight on your leg, and roll slowly. Instead of simply rolling up and down, roll your leg from side to side too, focusing pressure on the tighter spots of your muscles. Switch legs. Continue rolling until this feeling is no longer painful. If that's impossible, do it for at least five minutes.



Calf Smash With Lacrosse Ball

This move helps you to work out the tension in both your calf and your hamstring.

How to do:

Sit on the ground and pull your right foot close to your butt so your knee is bent. Wedge a lacrosse ball below your right knee, sandwiching it between your calf and hamstring. Create a “compression force” by pulling your shin toward you, and then rotate your foot in alternating circular movements to help create space in your knee joint. Continue until you feel tightness in these areas being relieved, and then switch legs.



Straight-Leg Raise

How to do:

Lie faceup with one knee bent and the other leg the ground in front of you. Lift your straight leg up approximately one foot, rotating your leg outward the entire leg rotates outward, so toes point on a diagonal instead of straight up to the ceiling. Do 3 sets of 10 to 15 reps, alternating legs. As you get stronger, add

ankle weights up to 10 pounds.



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Dr.Kajal who is the Senior Physiotherapist at The PhysioStudio. She got specialized in a variety of fields of sports and fitness and conduct and participate in various events as the Physio Partner, including The World T20 Cricket Tournament for the blind 2017. She has a special interest in orthopedics, Sports, and Fitness exercises. This was not just a reason to choose Physiotherapist as her career but one of her childhood events also molded her into a true believer of Physiotherapist.