Chapter 7 - Strengthen Your Knees

Doctors and therapists tell you to exercise and strengthen your knees - but how can you do that when you are in so much pain? That's why the Knee-Pain Cure starts with reducing your pain and inflammation. Now you're ready for knee-strengthening exercises.

Your knee muscles are probably quite weak from being in pain so long. It's time to strengthen the muscles in front (called extensors), the hamstrings behind (called flexors) as well as the muscles in the hip.

Lifting weights in a professional gym, a physical therapy facility or a good home gym is the best choice to strengthen your knees. Some of you may be so weak that you should start off with even lighter resistance from Thera-bands. Once you're stronger, you can move up to weights. The following routine works for both weights and Thera-bands. See The Supplement and Remedies Resource Guide on page 69.

Knee Strengthening Exercises

- Knee Extensions
- Hamstring Curls
- Leg Press
- Hip Abductors (opposite of Thigh Master)
- Hip Adduction (like Thigh Master)

Sets and Reps

Train for 15 minutes, three times a week. Start out with 3 sets of 15-20 reps for each exercise. That means that you should repeat an exercise movement 15 to 20 times (that’s one set); wait 1 minute and then do another set; wait and do a third. If you can easily do 20 or more reps, increase the weight so you can only do 15.

Full Range of Motion

Go for a full range of motion - except with the Leg Press. If you have pain at one end or the other of any exercise, always stop short of that point.
When performing the Leg Press, don’t go past 90 degrees as you let the weight down, or extend fully to a straight leg on the way up. Do not lock out at the top. Keep your knees bent slightly at the end range of the movement or else you’ll put too much pressure on your damaged knee cartilage. If the Leg Press is too painful, as an alternative, try 90-Degree Wall Squats held for up to 3 minutes.

**Helpful Hints For Better Strength Results**

- Squeeze at the end or top of the exercise - contracting your muscles as hard as you can for 2 seconds
- Move the weight slowly to eliminate momentum, counting 5 seconds up and 5 seconds down

**Exercise Order**

Try the exercises in the suggested order. Start with Knee Extensions, Leg Curls, Leg Press then Hip Adduction and Abduction.

The above is a basic routine for specific knee strengthening. As you get stronger, you’ll be ready for an advanced exercise routine.

**Please Follow Rule #1 - No Pain**

Let’s move onto prevention to stop your pain from returning and reducing your pain flare-ups.

- End of Chapter -