



Exercises for Knee Stability

You can do these in order, mix them up, or choose your favorites to build your own program.

1. Step-Ups:

Stand in front of a sturdy bench or RV step.
Step up onto the bench or step with one foot, driving through the heel.
Bring the other foot up to meet it.
Step back down with the same foot, then repeat on the other side.
Aim for 3 sets of 10-12 repetitions on each leg.

2. Lunges:

Stand with your feet hip-width apart.
Take a step forward with one foot and lower your body until both knees are bent at a 90-degree angle.
Push back up to the starting position and repeat on the other side.
Aim for 3 sets of 10-12 repetitions on each leg.

3. Calf Raises:

Stand with your feet hip-width apart near a wall or sturdy surface for balance if needed.
Slowly lift your heels off the ground as high as you can, rising onto the balls of your feet.
Hold the raised position for a moment, then slowly lower your heels back down.
Aim for 3 sets of 12-15 repetitions.

4. Side Leg Raises:

Lie on one side with your legs stacked on top of each other.
Lift the top leg towards the ceiling, keeping it straight.
Slowly lower it back down.
Aim for 3 sets of 12-15 repetitions on each side.

5. Wall Sits:

Stand with your back against a wall and lower your body into a seated position, with your thighs parallel to the ground.
Hold this position for 30 seconds to 1 minute.
Aim for 3 sets.

6. Bridges:

Lie on your back with your knees bent and feet flat on the ground.
Lift your hips towards the ceiling, squeezing your glutes and engaging your core.
Hold the bridge position for a few seconds, then lower back down.
Aim for 3 sets of 10-12 repetitions.

7. Balance Exercises:

Stand on one leg and try to maintain your balance for 30 seconds to 1 minute.
Progress by closing your eyes or standing on a foam pad to increase the challenge.
Switch to the other leg and repeat.
Aim for 2 sets on each leg.

8. Reverse Lunges with Knee Drive:

Stand with your feet hip-width apart.
Step back with one foot into a reverse lunge, bending both knees.
As you return to the starting position, drive the back knee up towards your chest.
Repeat on the other side.
Aim for 2-3 sets of 10-12 repetitions on each leg.

9. Single-Leg Balance with External Rotation:

Stand on one leg with a slight bend in the knee.
Lift the other leg off the ground and externally rotate it outward, keeping your knee aligned with your toes.
Hold for a moment, then return to the starting position.
Aim for 2-3 sets of 8-10 repetitions on each leg.

10. Single Leg Balance with Knee Extension:

Stand on one leg with a slight bend in the knee.
Slowly extend the other leg forward, lifting the knee towards hip height.
Hold for a moment, then return to the starting position.
Aim for 2-3 sets of 8-10 repetitions on each leg.

It's essential to maintain proper form throughout each exercise to prevent injury and maximize effectiveness. If you have any existing knee injuries or concerns, consult with a healthcare professional before starting a new exercise routine.