

## How to Strengthen an Arthritic or Painful Knee

### 1. Isometric over pillow (beginner)



### 2. Shallow Squats- Beginner.



### 3. Slant Board- Intermediate



4. Slant Board with weight or regular squat with weight
  - a. Advanced



5. Split Squats
  - a. Beginner
  - b. Shallow with lots of assistance
  - c. Knees behind toes.



6. Intermediate
  - a. Deep splits squats knees over toes with assistance



7. Advanced

- a. Split squats knees over toes with weights.



8. Hamstring

- a. Bridging versus ball
- b. Beginner



9. Put legs further out versus lift buttock up on ball

- a. Intermediate



10. One leg on bridging versus one leg on ball  
a. Advanced



11. Anterior Tibialis Active dorsiflexion with buttock against wall  
a. Beginner



12. Active dorsiflexion with resistance band  
a. Advanced



13. Gastrocnemius Active plantarflexion both legs  
a. Beginner



14. Active plantarflexion one leg  
a. Intermediate



15. Active plantarflexion one leg  
a. With weight.

