

# KNEE STRETCHES

Our knees play a crucial role in everyday movements, from walking and climbing stairs to bending and standing. However, prolonged sitting, high-impact activities, or muscle imbalances can lead to stiffness and discomfort. Regular knee stretches can help improve flexibility, support joint mobility, and reduce the risk of strain or injury. Try the stretches below to keep your knees strong, mobile, and pain-free.

**Stop if you feel any pain while performing these stretches.** If you have a history of any knee surgery, injury, or serious pain, **discuss with your doctor before attempting these exercises.**

Hamstring stretch in long sitting



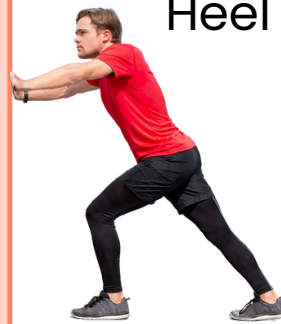
Side-lying quad stretch



Crossed legs



Heel and calf stretch



Knee to chest

