

Knee Exercises for Seniors: 8 Moves

3 days a week. Do the moves in order, 1 round. Rest whenever you need to.



1 Seated March

1. Sit tall near the front of the chair, feet flat.
2. Lift one knee a few inches, then the other.
3. Keep a steady rhythm, swinging your arms.

Week 1: hold 15 sec



2 Thigh Squeeze

1. Sit tall, one leg straight out, heel on the floor.
2. Tighten the front of your thigh, pressing the back of the knee down.
3. Hold, relax, then switch legs.

Week 1: hold 15 sec



3 Seated Knee Lift-Out

1. Sit tall, hands on the sides of the seat.
2. Straighten one knee, lifting the foot until the leg is level.
3. Lower slowly, then switch legs.

Week 1: 8 reps



4 Sit to Stand

1. Sit near the front of the chair, feet flat.
2. Lean forward and stand up, pushing through your heels.
3. Sit back down slowly.

Week 1: 8 reps

Knee Exercises for Seniors: 8 Moves

3 days a week. Do the moves in order, 1 round. Rest whenever you need to.



5 Side Leg Raise

1. Stand behind the chair, hands on the backrest.
2. Lift one leg out to the side, toes facing forward.
3. Lower slowly, then switch legs.

Week 1: 8 reps



6 Step-Ups

1. Stand in front of a low step, a hand on a rail or the chair.
2. Step up with one foot, then the other.
3. Step down the same way, then switch the lead foot.

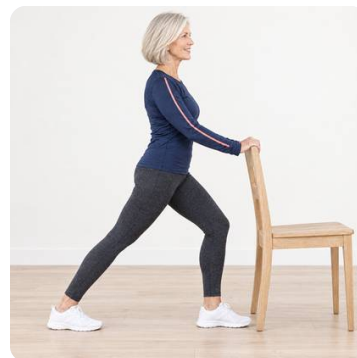
Week 1: 8 reps



7 Seated Hamstring Stretch

1. Sit at the front of the chair, one leg straight, heel down, toes up.
2. Keep your back long and lean forward from your hips.
3. Hold, then switch legs.

Week 1: hold 15 sec



8 Calf Stretch

1. Hold the chair back, step one foot back.
2. Keep the back leg straight, heel down.
3. Bend the front knee until you feel a stretch, then switch.

Week 1: hold 15 sec