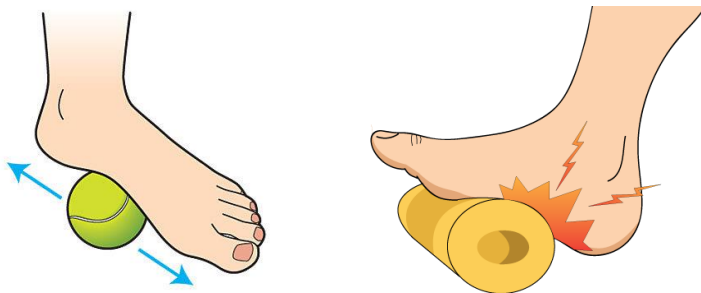


Yoga therapy exercises for knee pain

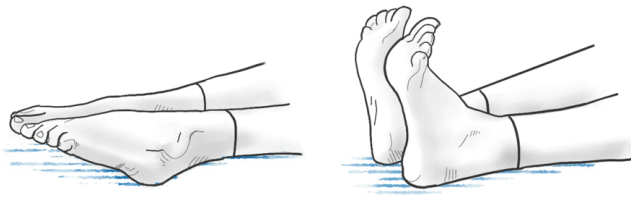
- 1) Massage of the soles and toes



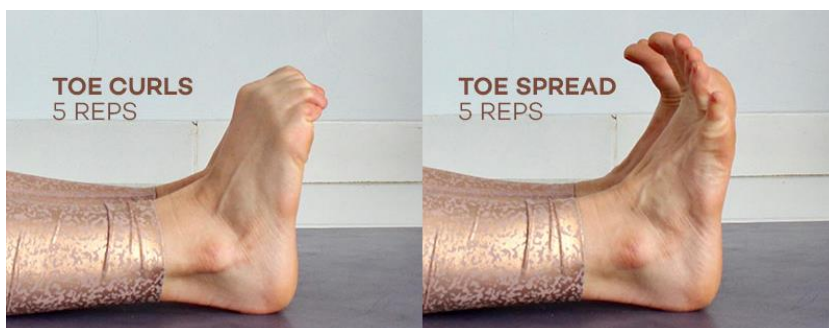
- 2) Myofascial release (stepping on a tennis ball and rolling it)



- 3) Pointing and flexing the feet exercise



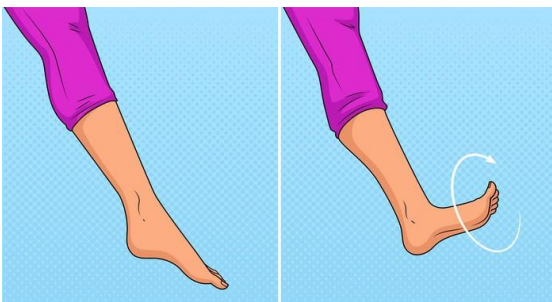
- 4) Toe curls and toe spread



5) Foot prayer and inner ankle stretch



6) Ankle rotation clockwise and counter clockwise



7) Knee tightening/press (can be done with the knee support or without)



8) Kneecap mobilization exercises



9) Single leg raises



10) Knee strengthening exercises



1. Prone leg curls



2. Step Ups



3. Bridging



4. Knee Extension

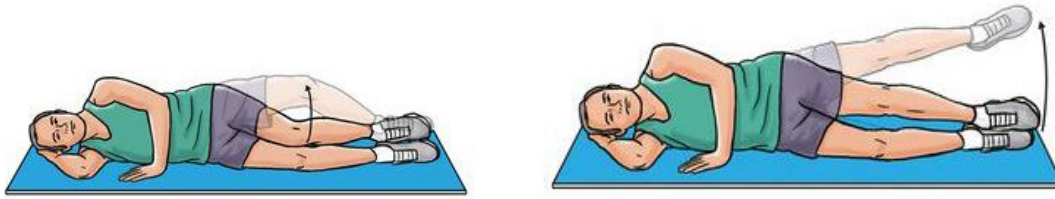


5. Stability Ball Leg Curls

11) Knee to the chest stretch and rotation and both knees to the chest



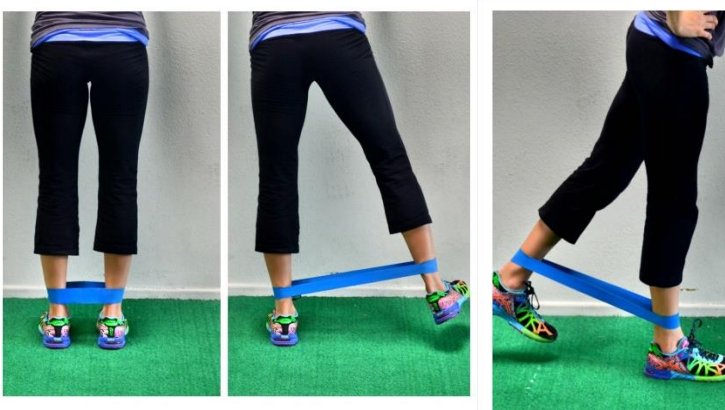
12) Clam exercise & side leg lifts



12) Happy baby pose



13) Knee stabilizing exercises with resistance band



14) Check the knee alignment when doing various yoga asanas, low lunges, etc.

