

KNEE OSTEOARTHRITIS Hamstring Strengthening



Seated hamstring curl with theraband: Seated in a chair, using resistance with theraband wrapped around involved heel, start with leg straight and pull back towards you.



Seated Hamstring Curl on machine: Place both ankles on top of the pad, legs straight. With back against pad, pull both legs toward you to about 90 degrees.



Prone hamstring curl with free weights: Lie on your stomach with pad behind both ankles. Start with legs straight and pull up towards you with both legs 90 degrees. May do one leg at a time.