



Stretches to Keep Your Knees Healthy

Stretching before and after a run can reduce the risk of injury, particularly to hips and knees. Try these exercises as part of your routine to maintain flexibility and protect your joints. The following exercises are general recommendations, and can be adjusted based on personal capabilities. Each exercise should be repeated three times, one session per day.



Hips

From starting position, bend the body to the right side as far as possible until stretch is felt. Hold 30 seconds. Repeat on the left side.

Groin

From beginning position, slide foot further to side until stretch is felt. Hold 30 seconds. Repeat other side.

Hamstrings

With foot on chair or stool, lean forward until stretch is felt. Hold 30 seconds. For more stretch, place foot on higher plane.

Lower Leg

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 30 seconds and repeat with other leg.

Upper Leg

From starting position, raise leg until stretch is felt. Hold 30 seconds. Repeat with other leg.

If you're experiencing persistent aches or pains that are impacting your exercise routine or quality of life, **visit [HackensackMeridianHealth.org](https://www.hackensackmeridianhealth.org)**. Our physical therapy experts and orthopedic physicians can evaluate your condition, recommend personal training or therapy, and provide additional treatments or services that are right for you.