

# How to Do Stationary Biking for Knee Rehab

Stationary biking can increase the mobility and strength of your knees and legs.

Here's how to do it.

Before you start, adjust the height of the bike seat so that your knee is slightly bent when your leg is extended downward.

If your knee hurts when the pedal reaches the top, or if you can't pedal your leg all the way around, it's okay to raise the seat.

In time, you can work toward a goal of having your knee bent a little past 90 degrees.

At first, try to do 5 to 10 minutes of cycling with little to no resistance.

Then, bit by bit, increase your time and the resistance...

until you can do 20 to 30 minutes without pain.

If you start cycling and have pain, rest your knee until your pain gets back to the level that's normal for you.

Keep in mind that increased pain may be a sign that you need to cut back on the time or the level of resistance.

Some soreness or discomfort may be expected...

but stop doing an exercise if you have increased pain.