

How to Do the Knee Flexion Stretch While Sitting

The seated knee flexion exercise helps you stretch your knee and increase how far you can bend your knee.

Here's how to do it.

Sit at the edge of a chair.

Gently slide one foot backward, bending your knee back as much as possible...

without forcing it.

It's okay if your heel starts to lift off the floor.

Sit squarely on your bottom, relax the muscles at the top of your thigh, and hold this position for 30 seconds.

Repeat the stretch 2 to 4 times on one side, working up to holding the stretch for a minute at a time.

Then, switch legs and do this exercise 2 to 4 times on the other side.

Some soreness or discomfort may be expected...

but stop doing an exercise if you have increased pain.