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Stretching a muscle with soft-tissue restrictions is like trying to stretch a rubber band that has a knot in it; for maximum extensibility, you first have to undo the knot. We already took care of that with the earlier exercises, so now let's move on to the stretches for patellar tendonitis. [Listen to Your Body | Exercises for Knee OA Pain ...](#) Sit on the edge of a chair. Straighten one leg forward, with heel on the ground and toes pointed up. Keep the other foot flat on the floor. Keeping your back straight, gently lean forward from the hips until you feel a stretch in the back of the outstretched leg. Hold 10 seconds and [Listen to Your Body | Exercises for Knee OA Pain ...](#)

It's one thing to be weak in the knees in the romantic sense and quite another just to be weak in the knees. Show them some love with these exercises that target quadriceps, hamstrings and glutes the muscles that contribute to healthy knee function and help prevent injury

[5 Exercises for Knee Osteoarthritis](#)

[Simple Stretches to Help Ease Knee OA Symptoms](#) This slideshow shares 5 exercises that can help relieve pain, stiffness, and other knee osteoarthritis symptoms. More on-the-go and workplace exercises in our new [Smart Patient's Guide to Managing Pain in the Workplace](#).

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