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.

If you’re experiencing persistent aches or pains that are impacting your exercise routine or quality of life, visit 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.