



# Strengthening Your Knees with a Partner

In this video you will learn a muscle-strengthening exercise for the knees to be done with a partner.

Check with your doctor before you start this exercise

By developing the muscles of the buttocks and the thighs, as in the following exercise, you will maintain strength and mobility in your knees.

This exercise can be broken down into two parts: getting into position, then the movement itself.

First, getting into position.

The older adult receiving assistance should Stand with their feet a little wider than shoulder width apart.

Stretch your spine, by making yourself taller.

Lift your head as high as you can whilst looking forwards and keeping your chin tucked in.

The partner should: Stand opposite the older adult with their back straight and feet hip-width apart.

Take hold of each others' wrists.

Second, the movement itself.

The older adult should take a Breath.

Then, as you breathe out, lower yourself slowly by bending your knees and moving your buttocks backwards as though you were going to sit in a chair.

Keep your feet still.

Try not to lean on your partner.

Don't go down any lower than the chair position.

This exercise should not be painful.

Hold the position for one complete breath.

Then push yourself back up slowly using your legs, while breathing out

Repeat the exercise a second time after giving yourself a 5 second rest period.

Tighten the abdominal muscles.

Your back should be neither hollowed nor rounded.

Make sure you keep your shoulders low and relaxed.

Once you have mastered the exercise, you can increase the number of repetitions.

It is important that you stop exercising if you experience any pain in your joints.

By combining muscle strengthening with stretching exercises, you will be able to protect your knees from pain and stiffness.

Over to you!

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