

Knee Exercises

Exercise in loose comfortable clothing. It is important to keep adequately hydrated, especially when exercising.

Only do the exercises prescribed by your physiotherapist as indicated by the tick boxes. If your symptoms are aggravated by performing these exercises please stop and consult your physiotherapist.

Physiotherapy Department
(Heavitree Hospital).....**01392 405011/5012**

Static quads

Sit up tall with your leg straight out in front of you. Tighten your thigh, pushing your knee down into the bed. You should feel the pressure under your heel decrease. Hold the contraction for 5 seconds.

Repeat _____ times.



Extension hang

Sit up tall in a chair and place your foot straight out in front of you, resting on a stool or table. You should have nothing beneath your knee. Rest in this position for at least _____ minutes.

Repeat _____ times throughout the day.

Straight leg raise

Sit slightly inclined with your legs straight out in front of you. Tighten your thigh muscle and lift the whole leg straight up off the bed. Hold for 5 seconds.

Repeat _____ times.



Start position



End position

Inner range quads

Sit up with your legs straight out in front of you. Place a rolled up towel or cushion under the knee. Tighten your thigh muscle and straighten your knee, lifting your foot off of the bed. Aim to hold for 5 seconds and then slowly relax.

Repeat _____ times.



Start position



End position

Knee flexion/extension in lying

Lie flat on your back on a smooth surface. Bend and straighten your hip and knee by sliding your foot up and down along the surface.

Repeat _____ times.



Start position



End position

Knee extension in sitting

Sit upright in a chair. Pull your toes up, tighten your thigh muscle and straighten your knee. Hold for _____ seconds and then gently relax your leg.

Repeat _____ times.



Start position



End position

Knee flexion with overpressure

Sit up with your legs outstretched in front of you. Slowly bend your knee up as far as possible sliding your heel towards your bottom. Hug your knee until you feel a stretch and hold for 30 seconds.

Repeat _____ times.



Knee flexion with overpressure in sitting

Sit in a chair. Bend your knee as far as possible. Add extra pressure with the other leg. Hold for 30 seconds.

Repeat _____ times.

Mobilisations of the kneecap

Relax your leg. Gently move your knee cap from side to side.



Relax your leg. Gently move your knee cap towards your toes and up towards your head.

Hamstring stretches

Sit in a chair with your leg to be stretched resting on another chair in front of you. Keeping your knee and your back straight, slowly lean forward until you feel a stretch in the back of your leg. Hold for _____ seconds.

Repeat _____ times.

This stretch can also be done in standing.



Quad stretch

Stand up tall. Bend the knee, bringing your heel towards your bottom. You should feel the stretch in the front of your thigh. Increase the pull on your heel to increase the stretch. Hold for _____ seconds.

Repeat _____ times.

This stretch can also be done lying on your tummy.

Gastroc stretch

Stand up tall. Bring the leg to be stretched behind you. Keep your heel flat on the floor and the knee straight. Gently bend your front leg until you feel a stretch in your calf muscle. Hold for _____ seconds.

Repeat _____ times.



Soleus stretch

Stand up tall. Bring the leg to be stretched behind you, bending both knees. Continue to bend until you feel a stretch in the calf. You must keep both heels on the ground. Hold for _____ seconds.

Repeat _____ times.

Hamstring curls

With or without theraband:

Stand up tall. Slowly bring your heel to your bottom, keeping your knees in line. Slowly return to start position.

Repeat _____ times.



Inner range quads against theraband

Stand up tall. Bend and straighten your knee slowly, keeping the other leg straight.

Repeat _____ times.



Heel raises

Rise up on your toes and slowly lower down so that your heels dip down over the edge of the step and then return to start position.

Repeat _____ times.

Step up and down

Stand facing the bottom step of the stairs. Step up onto the step with your _____ leg, use this leg to push yourself on to the step and then lower yourself back down slowly.

Repeat _____ times.



Mini wall squats

Stand with your back supported against a wall. Slowly bend your knees, sliding down the wall. Slide slowly back to start position.

Repeat _____ times.

Sit to stand

Sit in a chair. Lean forwards and stand up. Sit back down as slowly as possible. Do not use your hands to push yourself up.

Repeat _____ times.



Single leg dips

Stand on the bottom step, facing down. Stand on your _____ leg and slowly bend your knee dipping your other leg down over the edge of the step.

Repeat _____ times.

Bridging

Lie on your back with your arms outstretched by your sides and your knees bend up. Slowly raise your bottom up off the ground. Hold for _____, gently lower.

Repeat _____ times.



Single leg stand

1. Stand up tall on one leg holding on to a firm surface. Slowly release the pressure through your hands and lift away from the surface. Aim to stand for 1 minute with no contact.

Repeat _____ times.



2. As above. Stand on one leg on a cushion. Aim to stand for 1 minute.
Repeat _____ times.
3. As per stage 2, throwing and catching a ball against a wall. Aim to stand for 1 minute.
Repeat _____ times.

Lunges

Stand with one foot in front of the other. Lunge forward by bending your knee, bringing your weight over the front leg. Continue to move forward in this manner, lunging with alternate legs. Continue for a distance of _____.



Medium lunge



Deep lunge

Toe walking

Walk forward on your toes for a distance of _____.

Heel walking

Walk forward on your heels for a distance of _____.

Notes

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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