Patient Information

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.
**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.

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**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.

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**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.
**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 ________.

**Toe walking**

Walk forward on your toes for a distance of ____________.

**Heel walking**

Walk forward on your heels for a distance of ____________.