



# KNEE EXERCISES

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## PATIENT INFORMATION

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- Do one set of each of the exercises below daily
- As you improve, increase to 2-3 sets of each exercise
- Remember, to gain improvement, the exercises must be carried out daily
- Thereafter, to help maintain your muscle strength, it is advisable to continue on a regular basis i.e. 3-4 times a week



- ▲ Keep your thigh on the chair and slowly straighten your leg
- ▲ Hold for 5 secs and then slowly lower
- ▲ Repeat 15-20 times

- ▲ Place a tightly rolled up large towel under your knee
- ▲ Keep the knee on the towel, tighten your thigh muscle and slowly lift the heel off the floor, straightening your knee
- ▲ Hold for 5 secs and then slowly lower
- ▲ Repeat 15-20 times





- ▲ Sitting, cross your better leg in front of the one to be exercised
- ▲ Bend both knees using the top leg to gently push/stretch the leg underneath as far as you can
- ▲ Hold for 30 secs
- ▲ Repeat 10-20 times

- ▲ Sitting, place the heel of the leg to be exercised on a chair or footstool straight out in front of you, with the knee unsupported as shown
- ▲ Sustain this position for approximately 10 minutes at a time, occasionally easing the stretch by slightly bending the knee





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