



Knee Exercises

Information for patients
Physiotherapy Department



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, for example, 3-4 times a week.

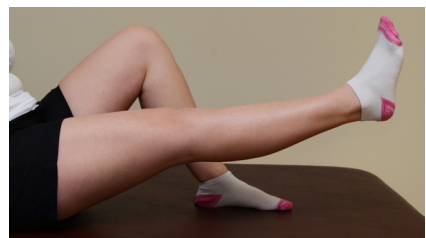
Exercise 1

- ❖ 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 seconds and then slowly lower.
- ❖ Repeat 15-20 times.



Exercise 2

- ❖ Sitting on top of a bed with one leg straight and the other leg bent.
- ❖ Tighten the thigh muscle of the straight leg.
- ❖ Slowly lift the leg off the bed keeping the knee straight.
- ❖ Hold for 5 seconds and then slowly lower.
- ❖ Repeat 15-20 times





Exercise 3

- ❖ Sitting on top of a bed with both legs out straight.
- ❖ Slowly bend and straighten your leg.
- ❖ Repeat 15-20 times.

Exercise 4

- ❖ Sitting on a chair.
- ❖ Keep your thigh on the chair and slowly straighten your leg.
- ❖ Hold for 5 seconds and then slowly lower.
- ❖ Repeat 15-20 times.



Exercise 5

- ❖ Sitting on a bed with your legs straight.
- ❖ Put a small rolled towel under your heel.
- ❖ Let your leg relax for up to 5 minutes. You will feel a stretch behind your knee.

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