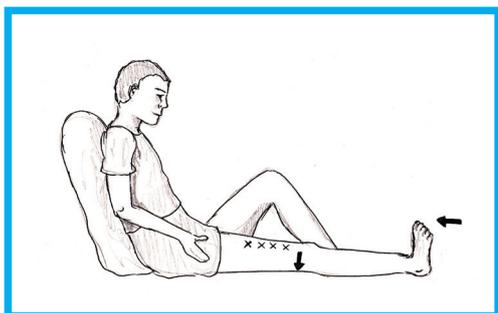


Knee Exercises

K6

Do these exercises **_2_** x day

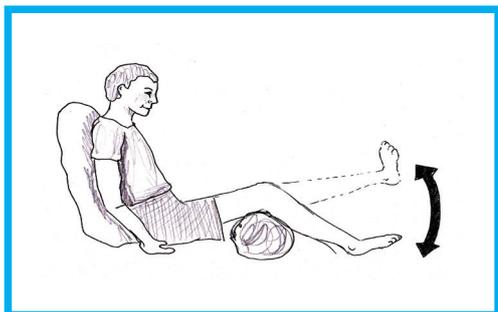
Do these exercises on both / the affected leg



1. Lying on your back or long sitting with one leg straight.

Pull your foot back (bend at the ankle) and push your knees down firmly against the bed.

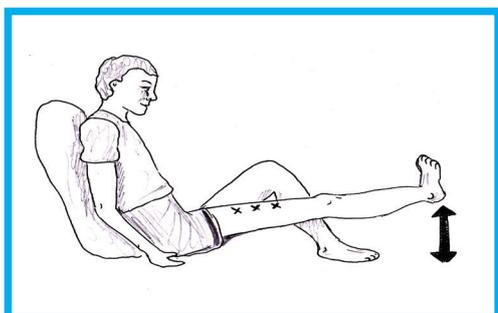
Hold **_5_** seconds Repeat **_10_** times



2. Lying on your back or long sitting. Bend leg and put a cushion under your knee allowing your heel to rest on the bed.

Exercise leg by pulling your foot and toes up, tightening your thigh muscle and straightening the knee (keep knee on the cushion).

Hold **_5_** seconds Repeat **_10_** times

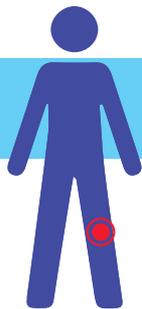


3a. Lying on your back or long sitting with one leg straight and the other bent. Exercise your straight leg by pulling the toes up, straightening the knee and lifting the leg 20cm off the bed. Hold approximately 5 seconds – slowly relax.

Repeat **_10_** times

3b. Repeat exercise as above but with the foot turned out.

Repeat **_10_** times

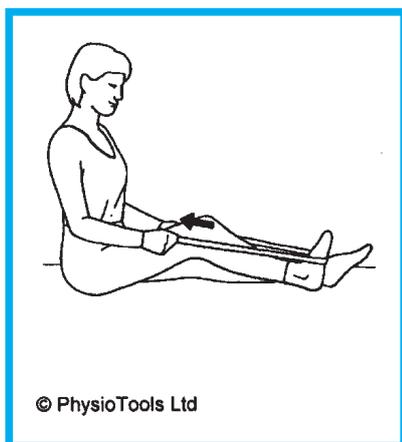


Knee Exercises

K6

Do these exercises **_2_** x day

Do these exercises on both / the affected leg

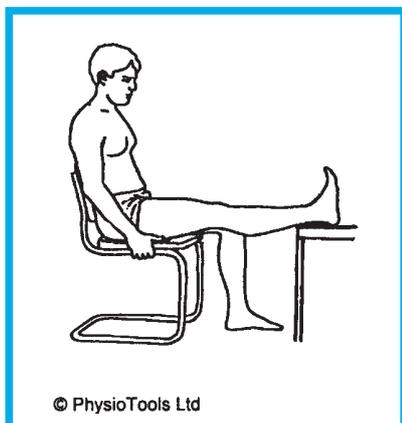


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4. Long sitting. Put a towel / dressing gown belt around your foot.

Bend your knee as far as possible. Gently pull the band to bend your knee a little more.

Hold **_3_** seconds Repeat **_10_** times

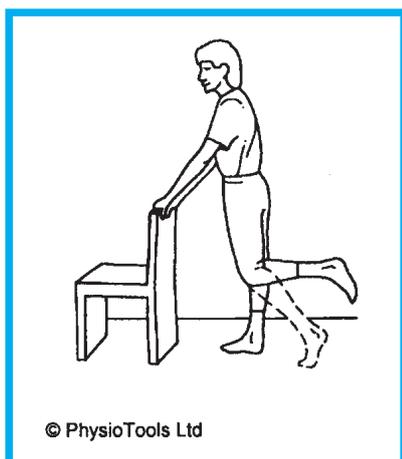


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5. Sitting on a chair, with the leg to be exercised supported on a chair as shown.

Let your leg straighten in this position.

Hold **_10_** seconds Repeat **_3_** times

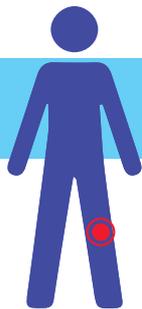


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6. Stand. Hold onto a support and bring one leg slightly backwards.

Bend your knee and lift your foot off the floor.

Hold **_6_** seconds Repeat **_5_** times

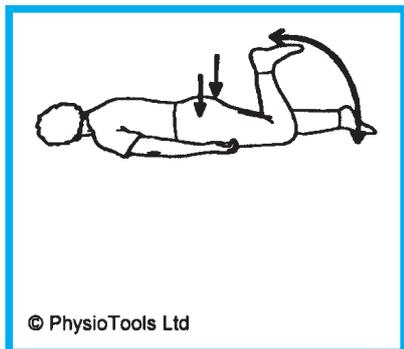


Knee Exercises

K6

Do these exercises **_2_** x day

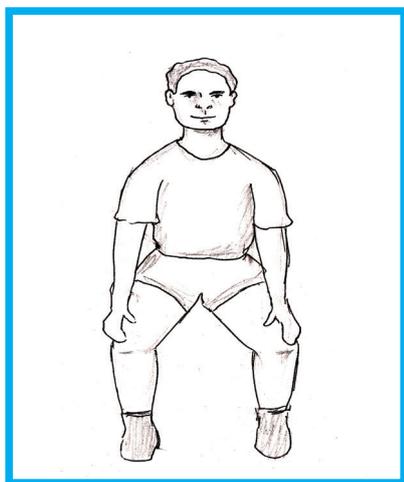
Do these exercises on both / the affected leg



7. Lying face down with your hip straight and your knees together.

Bend your knee up then slowly lower it down towards the bed/floor trying to keep the movement as smooth as possible

Hold **_5_** seconds Repeat **_10_** times



8. Stand tall with feet shoulder width apart and feet slightly pointed outwards.

Keep your head up and bend both knees as comfortable. Then slowly return to the start position.

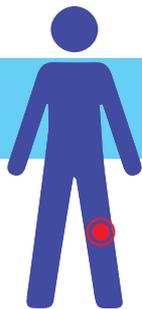
Hold for **_3_** seconds Repeat **_10_** times



9. Stand on one leg with your hands on your hips. Keep your pelvis level.

Slowly bend at the knee until comfortable.

Hold for **_3_** seconds Repeat **_10_** times



Knee Exercises

K6

Do these exercises ___ x day

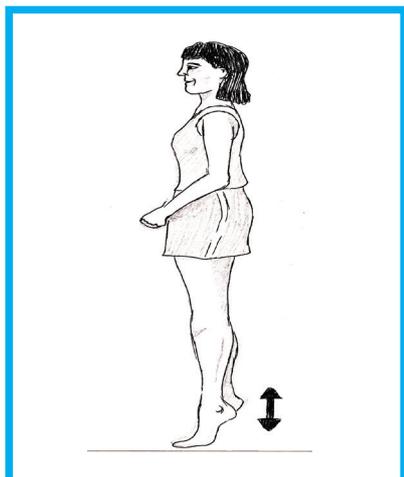
Do these exercises on both / the affected leg



10. Stand on one leg on a step facing down

Slowly lower yourself by bending your knee to 30 degrees. Return to starting position.

Repeat 10 times



11. Stand with feet slightly apart. Raise up onto your tiptoes.

Hold for 10 seconds Repeat 3 times