

# KNEE EXERCISES

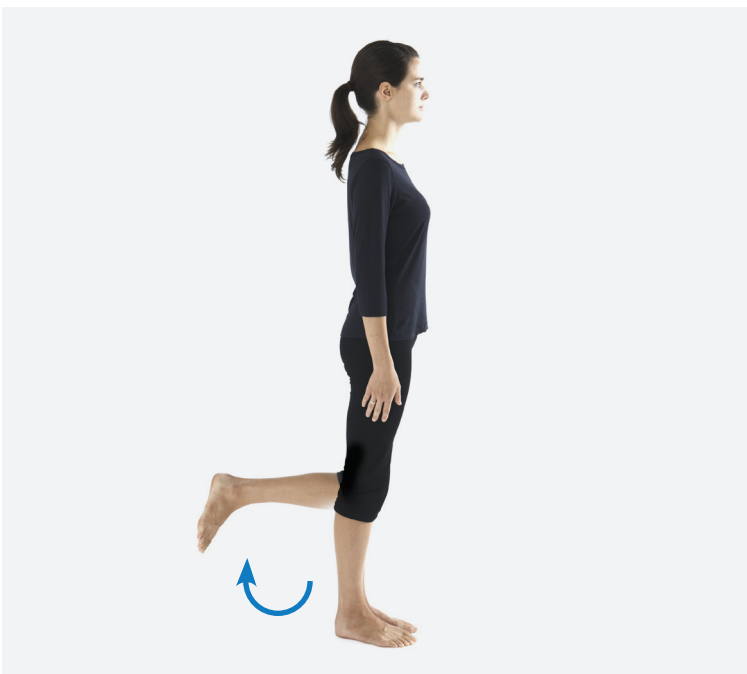
MUSCLE AND JOINT PAIN THAT COMES ON AFTER ACTIVITY AND LASTS MORE THAN TWO HOURS MEANS YOU MAY HAVE DONE TOO MUCH, TOO QUICKLY. DO IT LESS VIGOROUSLY OR DO IT FOR LESS TIME THE NEXT DAY. IF IT CONTINUES TO BE A PROBLEM, SEEK MEDICAL ADVICE.



## 1 KNEE EXTENSION

You will need a pillow or a rolled up towel for this exercise.

- Lie with your pillow or towel under your right knee. Bend your knee over the pillow or towel.
- Fully straighten your right leg at the knee, keeping your thigh resting on the pillow.
- Slowly return your leg to the starting position, using a controlled movement.
- Repeat with your left leg.
- Perform 2 sets of 10 repetitions of this exercise, 3 – 4 times per week.



## 2 KNEE FLEXION

You will need to hold on to a table or the back of a chair for this exercise.

- Stand up straight, holding on to the back of your chair for support.
- Without bending your leg at the hip, bend your right leg backwards up to your hip as far as you comfortably can.
- Repeat with your left leg.
- Perform 2 sets of 10 repetitions of this exercise, 3 – 4 times per week.



### 3 SIT TO STAND

You will need a sturdy chair for this exercise. Place the chair against a wall to prevent it from moving during the exercise. Your chair should be a height that allows your feet to be flat on the floor when you are sitting down.

- Start this exercise sitting down. Slowly move into a standing position without using your arms if possible.
- Lower yourself back down into a sitting position in a slow, controlled manner.
- Rest and repeat. Perform 2 sets of 10 repetitions of this exercise, 3 – 4 times per week.



### 4 PARTIAL LUNGE

- Standing with your hands on your hips, take a step forward with your right leg and raise your arms to shoulder height.
- Ensure your left foot stays completely on the floor.
- Return to the original position.
- Repeat this movement with your left leg.
- Perform 2 sets of 10 repetitions of this exercise 3 – 4 times per week.

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