These exercises are designed to progress the strengthening of your quadriceps and hamstring muscles.

Stand with your back against a wall, feet 20cm from wall, and a ball between your knees.

Slowly bend your knees, sliding down the wall and then return to the starting position.

Repeat ___ times.

Stand straight with feet shoulder width apart and pointing forwards.

Slowly bend your knees and then return to starting position.

Repeat ___ times.

Stand on one leg, bend the same knee keeping your knee cap in line with your toes. Then return to starting position.

Repeat ___ times.
Sit on a chair with a cushion under your knee and a ___ kg weight around your ankle.

Pull your toes up, tighten the front of your thigh muscle and straighten your knee slowly. Hold approx. 5 secs.

Repeat ___ times.

Stand on one leg on a step facing down.

Slowly lower yourself by bending your knee to tap your other foot on the floor. Return to starting position.

Repeat ___ times.

Stand. Put a ___ kg weight around your ankle. Hold on to a support and bring this leg slightly backwards.

Bend your knee and lift your foot off the floor. Hold ___ secs.

Repeat ___ times.
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If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALSJR@ouh.nhs.uk