

Physiotherapy Department

Knee exercises

Information for patients



The following exercises are aimed at regaining strength and normal movement in the knee joint following an injury.

1. Static quads

Sit on the floor with your legs straight out in front of you. Push the back of your knee down into the floor using your thigh muscles. Keep your toes pulled up towards your head. Hold for 5 seconds then relax.

Repeat ___ times.



2. Inner range quads

Sit on the floor with your legs straight out in front of you. Place a large rolled up towel under the knee to be exercised. Pull your toes up towards your body, tighten the thigh muscles then lift your foot up until the knee is straight. Do not lift the thigh off the roll. Hold for 5 seconds then relax.

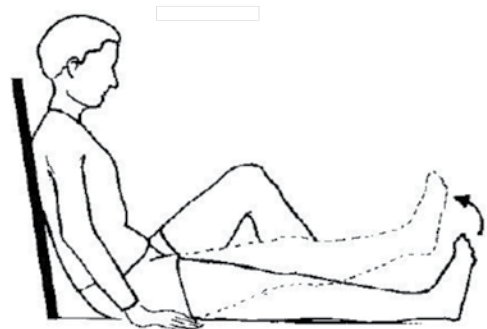
Repeat ___ times.



3. Straight leg raise

Sit on the floor with your legs straight out in front of you. Tighten your thigh muscle and lock your knee straight. Lift your injured leg 10cm off the floor. Hold for 5 seconds then relax.

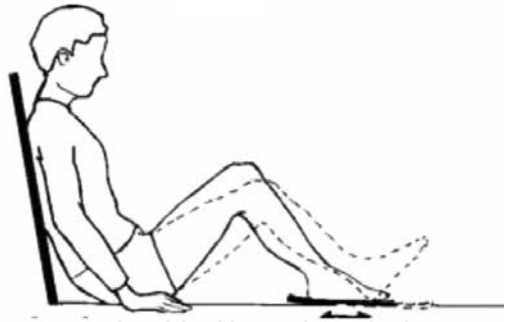
Repeat ___ times.



4. Knee range of movement

Practice bending and straightening your knee as far as comfortable.

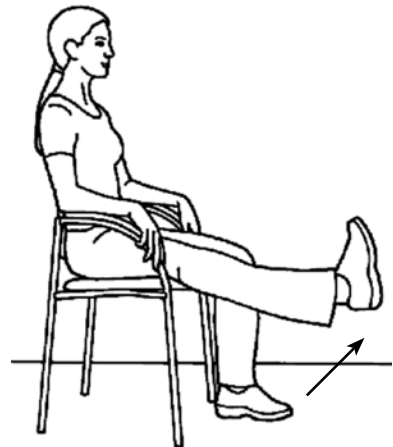
Repeat ___ times.



5. Knee straightening

Sit on a stable surface with your legs hanging down. Straighten your knee slowly by raising your foot. Hold for 5 seconds then relax.

Repeat ___ times.



6. Hamstring curls

Stand holding onto a stable support. Bend your knee, taking your heel backwards towards your bottom, then slowly lower it towards the floor.

Repeat ___ times.



How to contact us

Telephone: **01865 221 540**

opening times 8:30-4:30 with an answerphone for after hours.

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**

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