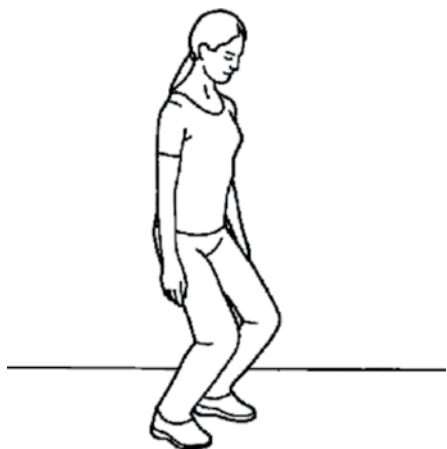
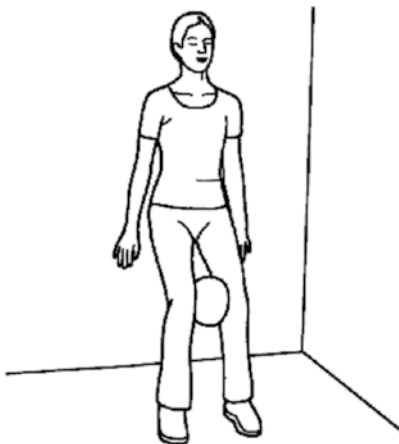


These exercises are designed to progress the strengthening of your quadriceps and hamstring muscles.

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.

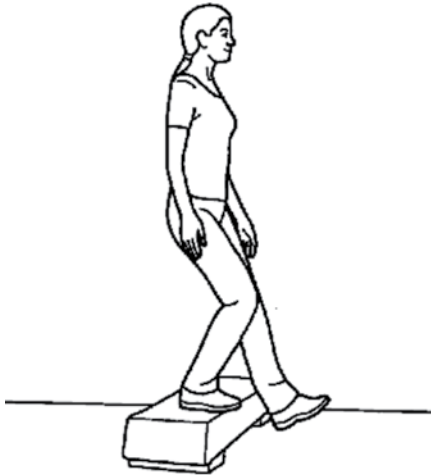
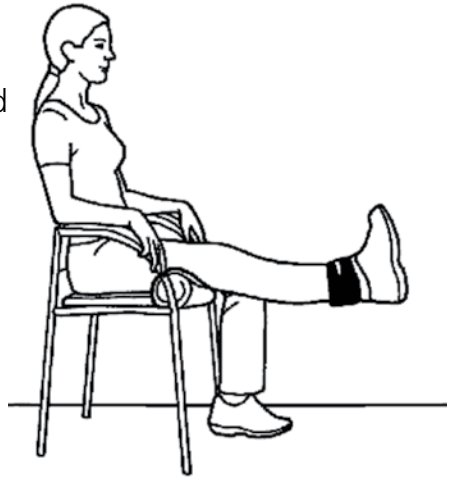
Repeat ___ times.



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.

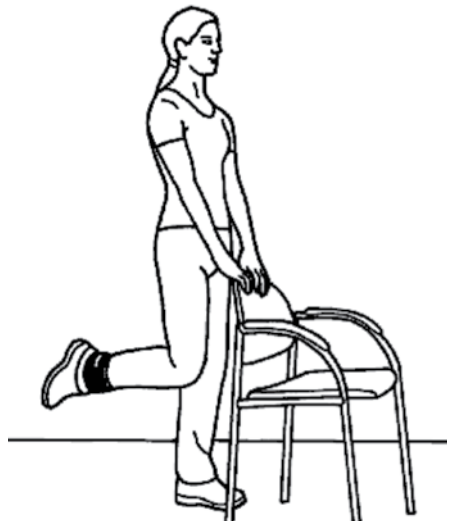
Slowly lower yourself by bending your knee to tap your other foot on the floor. Return to starting position.

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.



How to contact us

Trauma Physiotherapy Outpatients,
John Radcliffe Hospital
Tel: 01865 221 540

Physiotherapy Department,
Horton Hospital
Tel: 01295 229 432

Physiotherapy Department,
East Oxford Health Centre
Tel: 01865 264 970

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**

Physiotherapy Department
July 2014
Review: July 2017
Oxford University Hospitals NHS Trust
Oxford OX3 9DU
www.ouh.nhs.uk/patient-guide/leaflets/library.aspx

