

Exercise plan:
Knee pain - EASY

Patient:
CHCP WEBSITE EXERCISES

Date:
05th Jun 2024

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.

Knee Flexion Supine



Lie on the bed or floor.

Slide your heel towards your bottom. Go as far as feels comfortable, and then return to the start position (with the leg straight).

This is a good way to improve mobility to a stiff knee joint.

Repetitions: 20 | Time: Once to twice a day

Video: <http://youtu.be/skOauZ54MLU>



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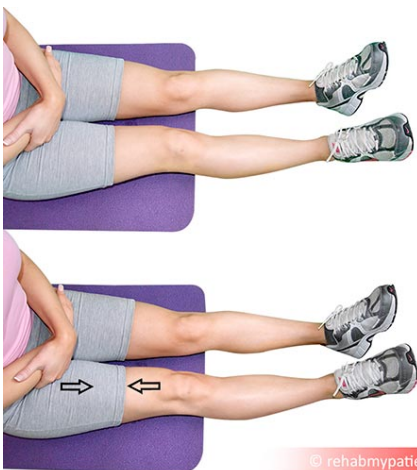
Static Quadriceps Contraction Sitting

- 1) Sit on the floor/bed/sofa with the leg out straight.
- 2) tighten your thigh (quadriceps) muscle by actively tensing/squeezing the front thigh muscle, noticing that as you do so your leg will naturally straighten slightly and the knee cap will slightly glide towards you.
- 3) Hold the tension for a count of 5. To finish, just relax the quadriceps muscle.

(Try to only tense the front thigh and not your bottom (It isn't bad to tense the bottom, but it shows how specific your muscle 'control' is, i.e. targeting control of specific muscles).

Repetitions: 10 | Time: Once to twice a day

Video: <http://youtu.be/ltZhmKM9KT4>



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Inner Range Quadriceps Sitting

- 1) Sit on the floor/bed/sofa with the leg out straight.
- 2) Place a rolled up towel or a cushion under your knee.
- 3) Press the knee into the towel as you straighten the knee. The heel will lift from the floor/bed. Try to get fully straight if you can.
- 4) Slowly return to the start position.

Repetitions: 20 | Time: Once to twice a day

Video: <http://youtu.be/ZPt0HPDgNDw>