

Exercise plan:
Knee pain - ADVANCED

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.

Sit-Down Chair Squat



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- 1) Stand up, and position yourself in front of a chair or stool.
- 2) Bend your knees to go into a squat position, and touch your bottom on the chair.
- 3) Then, push up back into the standing position.
- 4) Throughout the exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards.

To progress add a weight. This could be weights in a gym or home weights. Or it could be wearing a heavy rucksack on your back or front.

Repetitions: 30 | Days per week: 3 to 5

Video: <https://youtu.be/Z20XNb0VdEk>

Supine Bridge Basic



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- 1) Lie flat on your back (floor or bed), with your knees bent.
- 2) Lift your hips and bottom upwards, squeeze your bottom muscles to get the hips high. Hold briefly.
- 3) Steadily lower the bottom back down.

This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

To progress you can either add a weight across your hips (such as a gym barbell or a heavy rucksack). Or you can try doing these with 1 leg only.

Repetitions: 20 to 30 | Days per week: 3 to 5

Video: http://youtu.be/fK_xUE3OKIE



Y Balance

- 1) Imagine a 'Y' on the floor. Like in the picture.
- 2) Stand in the middle on one leg.
- 3) Use your non-injured leg to reach as far along the lengths of the 'Y' as possible without losing balance or putting your foot on the floor. As you do this the supporting leg will bend a bit too.

Repeat for each arm of the 'Y'. This is an excellent balance exercise. It will strengthen the leg and improve balance and proprioception.

Repetitions: 12 | Days per week: 3 to 5

Video: <https://youtu.be/IFNC1gq-ysk>



Lunge

- 1) Take a large step forward landing onto your heel with your front foot.
- 2) With your back foot go onto your toes and bend your knee.
- 3) Sink down by bending both knees. Go as low as feels comfortable. Try not to glide forwards, but downwards instead.
- 4) Once completed, straighten both legs to raise up, and use your front leg push your self back into a standing position.

Repeat for the other leg.

(If you have poor balance, please hold a sturdy table to help yourself balance as you do this).

Repetitions: 20 to 30 as able | Days per week: 3 to 5 | Both sides

Video: <https://youtu.be/npg8yDhHzj8>