

www.physiotherapyexercises.com

Exercise Booklet

Knee

Knee extension in sitting



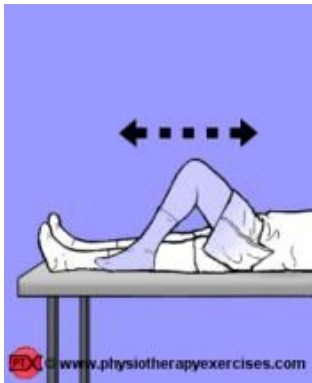
Client`s aim

To strengthen your thigh muscles.

Client`s instructions

Position yourself in sitting in a chair or with your legs over the side of a bed, thighs supported and feet on the floor. Slide your knee backwards bending your knee as much as possible. Tighten the muscles in your thigh, lift your toes and straighten your knee as much as possible.

Hip and knee flexion in supine



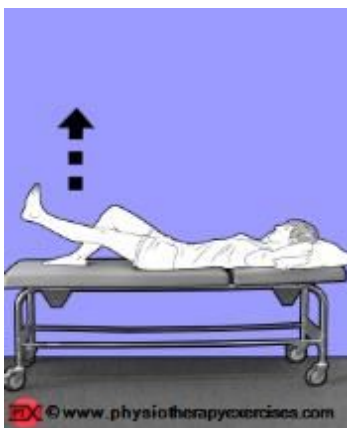
Client`s aim

To increase movement of the hip and knee.

Client`s instructions

Position yourself lying on your back. Start with your hip straight. Slide your heel along the bed towards your bottom as far as possible. Then straighten your leg and push flat into the bed.

Straight leg raise



Client`s aim

To strengthen your thigh muscles.

Client`s instructions

Position yourself on your back with your affected knee straight and their other knee bent. Tighten the muscles in your thigh and lift your leg off the bed. Ensure that you keep your knee straight.

Knee

Sit to stand from chair with arms crossed



Client`s aim

To strengthen the muscles that straighten your legs.

Client`s instructions

Position yourself sitting on a chair with your arms crossed and feet shoulder width apart. Bring your shoulders forwards and stand up. Stick your bottom back and return to sitting. Perform slowly.

Progressions and variations

Less advanced: 1. Increase the height of the chair. More advanced: 1. Lower the height of the chair. 2. Perform slowly.

Precautions

Place the chair against a wall.