

Knee Programme

Tick the required exercise below

1. Knee Flexion



- Laying on your back or sitting, bend your effected knee up as far as you can
- Hold for a count of 5 then slowly lower
- Repetitions

Try and bend a little more each time, this can also be completed in sitting.

2. Knee Extension/Knee hangs



- In sitting place the foot of your effected leg on a chair or a step ensure that your knee is not resting on anything.
- Slowly try and straighten your knee as much as possible
- Sit in this position for allowing your knee to straighten as much as possible.

3. Static quads → Inner Range Quads (IRQ)



- Lying on back or sitting, Push the back of your knee down into the bed squeezing your thigh muscle
 - Hold for 5 seconds, then relax. Repetitions
- Progression

- Place knee on rolled up towel
- Pull toes up towards you, squeeze inside of quads to push back of knee into towel and straighten knee lifting heel. Keep your knee touching the towel
- Hold for 5 seconds then slowly lower.
- Repetitions

4. Straight leg raise



- Lying on back or sitting, bend one knee up to protect back. Keep other leg straight and turn toes out to the side
- Keeping knee straight, lift leg up about 45 degrees
- Hold for 5 seconds then slowly lower.
- Repetitions

5. Bridge



- Lying on back with both knees bent. Ball between knees
- Squeeze knees together and curl tail bone underneath and peel spine up off mat one bone at a time until shoulders and knees are in a line keep feet flat.
- Hold for 5 seconds then slowly lower yourself down.
- Repetitions.....

6. Clam



- Lying on side (hips facing forward, lying tight against wall to prevent hip rolling backwards). Slightly bend knees.
- Keeping ankles together, lift top knee up towards ceiling. Slowly lower.
- Repetitions

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7. Hip abduction in side lying



- Lying on side (close to wall)
- Bend bottom leg slightly
- Keeping top knee straight and toes pointing up towards you, lift top leg up into air (do not let hip roll backwards)
- Hold for 5 seconds, slowly lower
- Repetitions



8. Single leg stand



- Practice standing on one leg and try to keep your balance.
- Hold for seconds
- Repetitions



9. Wall slides



- Lean against a wall with feet shoulder distance apart and ball between knees
- Squeeze ball between knees and slowly slide down wall
- Hold for 5 seconds
- Repetitions



10. Quadriceps stretch



- Lying on your tummy, push hip down into floor
- Keeping knees together, bend knee and pull your heel to bottom
- Hold for 30 seconds
- Repetitions



11. Hamstring stretch



- Lie on your back. Place one leg up against the door frame and the other leg through the door.
- Both your knees should be straight and your hips should be on the floor with no bottom lifting
- Hold for 30 seconds
- Repetitions



12. Calf Stretch



- Stand facing wall with leg to be stretched behind and both feet pointing forwards.
- Push into wall keeping hip forwards, back knee straight and heel down
- Hold for 30 seconds
- Repetitions

Tip: Bend back knee slightly to stretch deeper muscle in calf

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