

# Knee Exercises Level 1

## Patient Information

Musculoskeletal (MSK) Physiotherapy Services



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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## Disclaimer

Not all exercises are suitable for everyone and while every precaution was taken in selecting these exercises, they do not come without risks. If you have any concerns regarding injury, or whether or not you should partake in the exercises, then you should consult your General Practitioner (GP) or Physiotherapist before doing any of the exercises shown here.

It is quite normal to feel some discomfort following exercise, but it is important that this discomfort eases within 2 hours of finishing the exercise and doesn't have an overall negative effect on your symptoms.

The exercise plans shown here are designed to be used as a guide and a point of reference, they are not exhaustive and can be modified and progressed under the supervision of your physiotherapist.

## Instructions

Aim to do the entire exercise plan 3 to 4 times per week, with at least 1 day off in between to allow for recovery. Each exercise is repeated a number of times (for example, 5 or 10 times) to build up strength and flexibility. The repetitions make a 'set'.

The number of repetitions is a guide and can be increased or decreased according to pain levels. If the exercise causes pain that lasts for more than 2 hours after finishing the exercise, then decrease the repetitions.

Complete each exercise slowly and in a controlled manner, you should take your time and not rush. Take 30 seconds rest in between each set.

**Contact the Physio department if you find the exercises are making your pain worse overall.**

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## Knee Level 1 – Exercises 1 to 7

	<p><b>1. Knee Flexion in Sitting</b></p> <p>Sit on a chair. Slide your foot backwards on the floor and bend your knee as much as possible. You can use a towel under the foot, if on a smooth floor, to help reduce friction. If doing on a carpet then use a plastic bag, or similar smooth item, to help the movement.</p> <p>Return to the starting position. A small amount of pressure can be applied, using your opposite foot, at the end of the range if required, to encourage a further stretch. Repeat 10 times. Sets 3</p>
	<p><b>2. Knee Extension</b></p> <p>Lie or sit on the floor and rest your heels on a rolled-up towel.</p> <p>Tighten your front thigh muscles and try to press the back of your knee towards the floor. This can be done 1 leg at a time or both together.</p> <p>Hold the tension for 5 seconds and then relax. Repeat 10 times. Sets 3</p>
	<p><b>3. Active Straight Leg Raise</b></p> <p>Lie on your back with one knee bent. Keep your spine in a neutral/flat position.</p> <p>Tighten your front thigh muscles, bend your ankle towards you and lift the straight leg to approximately 30-40cm off the bed/floor.</p> <p>Lower the leg to the starting position in a controlled manner.</p> <p><b>Note: Keep your pelvis level and maintain the neutral spine.</b></p> <p>Repeat 10 times. Sets 3</p>



#### 4. Knee End-range Extension in Supine

Lie on your back with one leg bent and the other leg straight. Place a towel roll under the straight knee so that it is raised slightly off the ground.

Bend your ankle towards you and straighten the knee using your front thigh muscles. Focus on squeezing your thigh muscles throughout the movement.

Keep the back of your knee against the towel roll. Keep the tension for a moment and then relax.

Repeat 10 times.  
Sets 3



#### 5. Chair Squat

Stand tall with your feet approximately hip-width apart and your weight distributed evenly on both feet.

Make sure the chair behind you is at a suitable distance from you.

Bend your knees and hips and squat down onto the chair. Knees and toes should be pointing in the same direction.

Sit down lightly and push back up to the starting position using your front thighs and buttock muscles.

Use your hands for assistance if you need to, but the goal is to use as little assistance as possible so that your thigh and buttock muscles do the work.

Repeat 10 times.  
Sets 3



## 6. Step Up

Stand tall behind a step or bottom stair. Place your whole foot on the step and step up. You are now standing fully with both feet on the step.

Note: While stepping up, keep hip, knee and toes aligned.

Step down using the opposite leg. When lowering yourself back down, do so in a controlled manner, don't just step off heavily.

Repeat 10 times for each leg, so each leg leads in the 'step up'

Sets 3



## 7. Single-leg Standing

Balance on one leg. Stand close to a solid piece of furniture such as a kitchen work top in case you need assistance with your balance.

Remember to stand tall, with weight evenly on your foot and make sure your toes point forwards.

Hold this position for as long as you can up to a maximum of 20 seconds.

Repeat 5 times for each leg.

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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