

Knee Exercises Level 3

Patient Information

Musculoskeletal (MSK) Physiotherapy Services



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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 do the exercises, then you should consult your General Practitioner (GP) or Physiotherapist before doing any 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.

Contact Information

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Knee Level 3 – Exercises 1 to 7



1. Single-leg Chair Squat

Stand tall on one leg in front of a sturdy chair. Squat down by moving hips backwards and down. Maintain a neutral position in your spine. Your Foot stays flat on the floor and your knee aligned with your toes.

As soon as you can feel the seat under your buttocks push up back to standing using just one leg.

Repeat 10 times.
Sets 3



2. Lateral Step Down

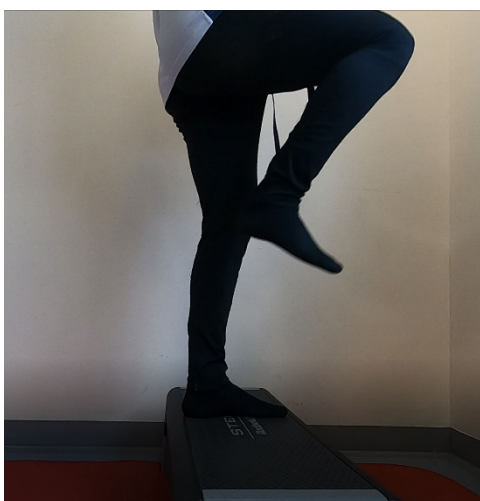
Stand on one leg on the edge of a step, with the other leg hanging over the edge.

Keeping your pelvis horizontal, bend your knee (on the step) allowing the hanging foot to brush the floor, but don't step down fully, and then push back up.

Note:

- Keep hip, knee and toes aligned.
- Do not let your pelvis tilt.

Repeat 10 times, on both legs
Sets 3



3. Weighted Step Up

Stand in front of a 20 - 40 cm step with some sort of weight in your hands. This could be a Dumbbell or Kettlebell or even just a bag filled with safe, household objects.

Step up on one leg and bring your other leg up into a high knee lift (like a soldier marching).

Hold for a second then lower the trailing leg back in reverse to the floor in a controlled manner. The foot on the step can remain there ready for the next repetition.

Repeat 10 times for each leg
Sets 3



4. Weighted Squat

Stand with your feet slightly wider than your hips with your toes turned a few degrees outwards. Hold a weight at chest level. This weight could be a Dumbbell or Kettlebell or even just a bag filled with safe, household objects.

Keep your chest up and your back and neck in a neutral position.

Squat down pushing your hips back and bending your knees. Squat as low as you can while maintaining a neutral spine and still being comfortable.

Push back up through your heels, with your chest leading.

Note:

- Weight should be evenly distributed between the heels and forefeet.
- Keep hips, knees and toes aligned.

Repeat 10 times.

Sets 3



5. Single-leg Deadlift

Stand tall holding a weight with both hands. The weight can be a Dumbbell or Kettlebell or even just a bag with safe, household objects in it.

Lift one leg up. Keep the knee of the standing leg slightly bent and bend forward from your hip. At the same time straighten your other leg backwards and lower the weight towards the floor.

Use your hamstrings and buttock muscles to return to single-leg standing.

Note: Maintain the neutral position of your spine throughout the exercise. Try not to let your back bend as you lower the weight.

Repeat 10 times on both legs

Sets 3



6. Walking Lunge

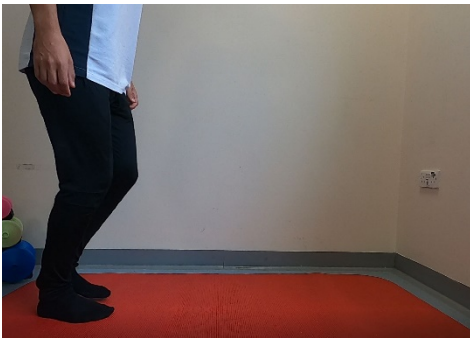
Stand tall with your feet hip-width apart. Take a long step forward so that your rear leg's hip straightens and most of your weight is on your front leg. Squat down so that your front leg's thigh is near to horizontal. Keep your trunk upright and don't let your front knee go beyond your toes. Push up through the heel of your front leg, straighten the hip and knee and step forward with your rear leg so that the rear leg then becomes the one takes the long step forwards. Repeat alternating legs.

Note:

- Keep hips, knees and toes aligned in both legs.
- Keep your trunk active and maintain neutral back.

Repeat 10 times on each leg (20 steps total in each set).

Sets 3



7. Hop & Stick

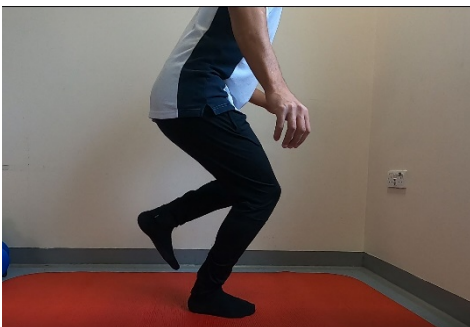
Stand on the affected leg and balance. Take a gentle hop forwards and land on the same leg, bending your knee on landing.

Try and ensure that once your foot lands, it stays in that position. The idea is to "stick" as you land, as though your foot was now glued to the floor.

Hold that position for a couple of seconds and repeat.

Repeat 10 times.

Sets 3



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?



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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