

Knee Loading Program

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

Contact Information

Leigh Health Centre

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Therapy Department- Wrightington Hospital

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Knee Loading – Exercises 1 to 5



1. Knee Extension

Sit up straight on a chair, with a weight (if possible) attached to your ankle.

Lift your foot in order to fully straighten your knee: but assist the movement by helping it with the opposite foot.

Once the knee is straight, stop supporting it with the opposite leg and hold it there by itself for 5 seconds.

Gently return to the starting position in a controlled manner, using a nice and slow movement.

Repeat 10 times.
Sets 3



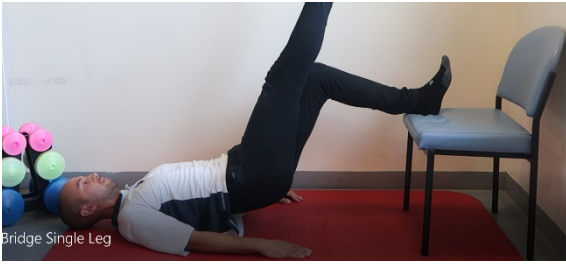
2. Chair Squat

Stand tall in front of a chair.

Squat down as if you were sitting down (push your pelvis back). Briefly touch the chair with your bottom and then stand back up.

Note: Keep hips, knees and toes aligned.

Repeat 10 times.
Sets 3



3. Single-leg Hip Lift

Lie on your back, with one leg lifted on a sturdy chair and the other leg hovering just above the chair

Activate your abdominals, tighten your buttocks and lift your pelvis by straightening your hip.

Return to the starting position in a controlled manner.

Repeat 10 times.
Sets 3



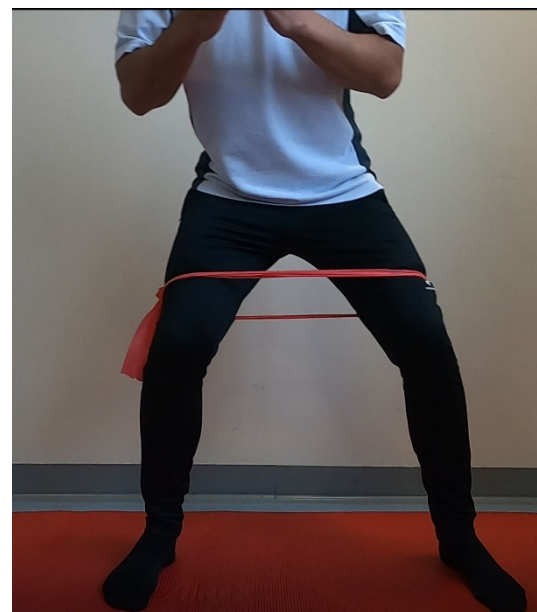
4. Step Up

Stand tall behind a step.

Place your whole foot on the step and step up.

Keep the same foot on the step, and slowly lower the other foot back to the floor. Make sure the return movement is slow and controlled.

Repeat 10 times.
Sets 3



5. Glute Walk

Stand tall, with an exercise or loop band around your legs (slightly above or under the knee joint).

Exercise bands can be purchased online if you don't already have one. Just search for exercise, or resistance, bands.

Take a hip-width stance so that the band tightens, and then squat down.

In this position, step out with one leg to the side then return to the starting position. Make sure you keep the band tight at all times. Don't allow your feet to come together or the band will slacken.

Maintain the slight squat position throughout.

| | |
|--|---|
| | Repeat 10 times in each direction Sets 3 |
|--|---|

Please use this space to write notes or reminders.

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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Wigan
WN1 2NN

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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