

## Patient information factsheet

# Knee strengthening exercises

This factsheet contains exercises to help strengthen your knee. If you have any questions or concerns, please contact us using the details at the end of this factsheet.

- Try to complete the exercises at least three times a day.
- Keep your foot elevated (raised) to decrease swelling.
- Apply ice, wrapped in a pillowcase or tea towel, to your knee for 10 minutes every hour.

### Exercise 1

Lie on your back on a bed. Pull your toes towards you and brace your knees down firmly against the bed.



Hold for ten seconds and repeat 20 times.

### Exercise 2

Lie on your back on a bed and place a rolled up blanket underneath your knee. Push your knee down into the blanket and lift your heel off the bed.



Hold for ten seconds and repeat 15 times.

### Exercise 3

Lie on your back on a bed and pull your toes towards you. Tighten the muscles on the front of your thigh to straighten your knee and then lift your leg off the bed by approximately 20cm.



Repeat ten times.

### Exercise 4

Stand holding onto a supportive surface. Bend your knee, bringing your foot up towards your bottom.



Hold for ten seconds and repeat ten times.

### Exercise 5

Sit on a chair. Pull your toes up, tighten your thigh muscle and straighten your knee. Hold for ten seconds and then relax your leg back down.



Repeat ten times.

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## Exercise 6

Step up ten times with one leg leading and then repeat with the other leg leading.



## Exercise 7

Sitting with your arms crossed, stand up and then sit down slowly on a chair. This can be made easier or harder by changing the height of the chair.

Repeat ten times.



## Exercise 8

Stand leaning with your back against a wall and your feet about 20cm from the wall. Slowly slide down the wall (stop sliding if you experience pain). Then return to the starting position.

Repeat ten times.



## Exercise 9

Stand next to a supportive surface on one leg and try to maintain your balance.

Hold for 30 seconds.



## Contact us

If you have any questions or concerns, please contact us.

Orthopaedic physiotherapy team

Telephone: **023 8120 4452** (Monday to Friday, 8am to 4pm)

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