

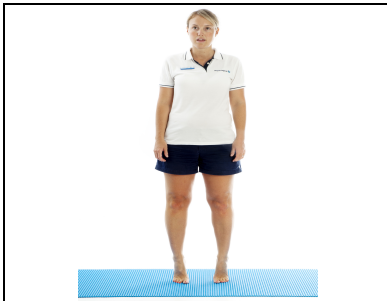
## Knee Rehabilitation exercises

### Mini Squats



- In standing, with feet hip width apart.
- Slowly bend at your hips until your knees are at about 45 degrees.
- Make sure your back is kept straight.
- Down for 3 seconds, hold 1 second then up for 3 seconds
- Repeat 3 x 10, 2 x day

### Heel Raises



- Standing on both feet. ( you can use a chair for stability)
- Down for 3 seconds, hold 1 second then up for 3 seconds
- Repeat 10 times do 3 sets of 10, 2 x day

### Knee extensions:



- Sitting in a firm chair.
- Slowly straighten the leg, hold it straight for 10 seconds
- Repeat 10 times do 3 sets of 10, 2 x day

### Knee flexion:



- Lying on your back or sitting
- Repeat 10 times, 2 x day
- Last one hold for 30 seconds

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## Static Quads



- Sitting straight-backed, or lying down.
- Tighten your thigh muscle and hold for 10 seconds.
- Repeat 10 times do 3 sets of 10, 2 x day

## Towel Stretch + Static Quads



- Sit on a hard surface with your injured leg stretched out in front of you.
- Loop a towel around the ball of your foot, squeeze your thigh muscle and pull the towel towards your body, keeping knee on the bed, stretching the back of your calf muscle.
- Hold this position for 30 seconds. Repeat 2 times, 2 x a day

## Straight leg raises:



- Lying flat or sitting up.
- Straighten your knee
- Slowly lift the leg up a few inches, keeping your thigh muscle tight.
- Hold for 10 seconds, repeat x 10 x 3, 2 x day

## Inner range quads:



- Lying flat or sitting up.
- With the knee supported on a towel in a bent position.
- Pull toes up towards you, squeeze thigh and straighten the knee.
- Hold out straight for 10 seconds, repeat x 10 x 3, 2 x day