



**Wrightington, Wigan and
Leigh Teaching Hospitals**
NHS Foundation Trust

Knee Exercises Level 1 v2

Knee Exercises Level 1

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 risk. 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.

Contact Information

Leigh Health Centre

Telephone: 0300 707 1597

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Platt Bridge Health Centre

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Therapy Department- Wrightington Hospital

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Knee Level 1 – Exercises 1 to 7



1. Knee Flexion

Sit on a chair.
floor and bend

You can use a
floor, to help re
then use a plas
help the movem

Return to the st

A small amount
your opposite f
required, to end

Repeat 10 time

Sets 3



1. Knee E

Lie or sit on the
rolled-up towel.

Tighten your fro
the back of you
be done 1 leg a

Hold the tensio

Repeat 10 time

Sets 3



1. Active

Lie on your back
spine in a neutral

Tighten your fr
towards you an
approximately 3

Lower the leg to
controlled man

Note: Keep you
neutral spine.

Repeat 10 time

Sets 3



1. Knee E

Lie on your back
leg straight. Pla
knee so that it i

Bend your ankle
knee using your
squeezing your
movement.

Keep the back

Keep the tensio

Repeat 10 time

Sets 3



1. Chair Squat

Stand tall with your feet shoulder-width apart and your weight on your feet.

Make sure the chair is at a safe distance from your feet.

Bend your knees to sit down on the chair. Knees should move in the same direction.

Sit down lightly on the chair in a controlled position using your leg muscles.

Use your hands for balance. The goal is to use your leg muscles so that your thighs do the work.

>Repeat 10 times

Sets 3



1. Step Up

Stand tall behind

Place your whole

You are now starting
step.

Note: While stepping
aligned.

Step down using

When lowering your
controlled manner

Repeat 10 times
the 'step up'

Sets 3



1. Single-leg

Balance on one leg
furniture such as
need assistance

Remember to stay
your foot and ma

Hold this position
maximum of 20 s

Repeat 5 times for



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