Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Knee Exercises Level 1 v2

Version number: **2**
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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

wwl-tr.leighphysio@nhs.net

Platt Bridge Health Centre

Telephone: 0300 707 1772

wwl-tr.mskphysio-bostonhouse@nhs.net

Wigan Health Centre, Boston House

Telephone: 0300 707 1113

Wwl-tr.mskphysio-bostonhouse@nhs.net

Therapy Department- Wrightington Hospital

Telephone: 01257 256305

Wwl-tr.therapyadmin@nhs.net

Knee Level 1 – Exercises 1 to 7



1. Knee F

Sit on a chair.
floor and bend

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

Return to the st

A small amount
your opposite f
required, to enc

Repeat 10 time

Sets 3



1. Knee E

Lie or sit on the
rolled-up towel.

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

Hold the tensio

Repeat 10 time

Sets 3



1. Active

Lie on your bac
spine in a neutr

Tighten your fr
towards you an
approximately 3

Lower the leg t
controlled man

Note: Keep you
neutral spine.

Repeat 10 time

Sets 3



1. Knee E

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

Bend your ankl
knee using you
squeezing your
movement.

Keep the back

Keep the tensio

Repeat 10 time

Sets 3



1. Chair Sq

Stand tall with yo
apart and your w
feet.

Make sure the ch
distance from you

Bend your knees
the chair. Knees
same direction.

Sit down lightly a
position using yo
muscles.

Use your hands f
the goal is to use
so that your thigh
work.

>Repeat 10 times

Sets 3



1. Step Up

Stand tall behind

Place your whole

You are now star
step.

Note: While stepp
aligned.

Step down using

When lowering y
controlled manne

Repeat 10 times
the ‘step up’

Sets 3



1. Single-le

Balance on one l
furniture such as
need assistance

Remember to sta
your foot and ma

Hold this position
maximum of 20 s

Repeat 5 times fo



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