



**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

[wwl-tr.leighphysio@nhs.net](mailto:wwl-tr.leighphysio@nhs.net)

### **Platt Bridge Health Centre**

Telephone: 0300 707 1772

[wwl-tr.mskphysio-bostonhouse@nhs.net](mailto:wwl-tr.mskphysio-bostonhouse@nhs.net)

### **Wigan Health Centre, Boston House**

Telephone: 0300 707 1113

[Wwl-tr.mskphysio-bostonhouse@nhs.net](mailto:Wwl-tr.mskphysio-bostonhouse@nhs.net)

## **Therapy Department- Wrightington Hospital**

Telephone: 01257 256305

[Wwl-tr.therapyadmin@nhs.net](mailto:Wwl-tr.therapyadmin@nhs.net)

## **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 enc

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 back on the chair. Knees should move in the same direction.

Sit down lightly and stand back up in the starting 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-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 f



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