



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

Knee Exercises Level 2 v2

Knee Exercises Level 2

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 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

Telephone: 0300 707 1772

wwl-tr.mskphysio-bostonhouse@nhs.net

Wigan Health Centre, Boston House

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Therapy Department- Wrightington Hospital

Telephone: 01257 256305

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Knee Level 2 – Exercises 1 to 8



1. Chair Squat

Stand tall in front of chair.

Squat down as if you are sitting on the chair. Briefly touch the chair seat with your buttocks, then sit down fully.

Note: Keep hips, knees, and feet in line.

Repeat 10 times.

Sets 3



1. Forward Lunge

Stand tall with feet

Take one long step
knee touches the floor
and your hip is fully

Keep the shin of the

Stand back up pushing
back to the starting

Note: Keep hips, knees
the movement.

Repeat 10 times for

Sets 3



1. Squat

Stand tall with feet
should be pointing
Keep your chest u
position (as shown

Squat down by sitt
back up through th
your hips to return

Note:

- Keep you
your lowe
- Keep you
- The depth
comfortab
painful.

Repeat 10 times.

Sets 3



1. Deadlift

Stand tall, with your feet
between your feet
a bag filled with ho

Push your hips back
grasp the weight with
stay in neutral/flat
from your hips.

Lift the weight up by
and hamstrings to
tight to avoid exce

Note: The weight should be
between your legs

Repeat 10 times.

Sets 3



1. Glute Walk

Stand tall, with an
(slightly above or u
exercise slightly m
easily bought onlin

Take a hip-width s
down. In this posit
return to the startin
at all times.

Maintain the squat
allow the tension t

Repeat 10 times in

Sets 3



1. Step Up

Stand tall behind a

Place your whole f

Keep the weight o
movement when le
don't allow yourse

Repeat 10 times.

Sets 3



1. Single Leg

Stand straight.

Take your balance
standing leg is the

With the leg that is
points on the "clock
behind the standing

You can make the
maintain your balance

Keep your weight
tap the floor at each

Repeat 5 times for



1. Hip Lift

Lie on your back, with

Activate your abdominals and lift your pelvis up off the floor.

Return to the starting position.

Repeat 10 times.

Sets 3



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