



**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

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

### **Platt Bridge Health Centre**

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

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**Therapy Department- Wrightington Hospital**

Telephone: 01257 256305

Wwl-tr.therapyadmin@nhs.net

**Knee Level 2 – Exercises 1 to 8**



## 1. Chair Squat

Stand tall in front of chair.

Squat down as if you were sitting on the chair. Briefly touch the chair seat, then stand up and 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 up  
position (as shown

Squat down by sitting  
back up through the  
your hips to return

Note:

- Keep your  
your lower
- Keep your
- The depth  
comfortable  
painful.

Repeat 10 times.

Sets 3



## 1. Deadlift

Stand tall, with your feet shoulder-width apart, and a bag filled with heavy weights in front of you.

Push your hips back and down, then grasp the weight with both hands. Keep your back straight and your feet flat on the ground. Lift the weight up by pushing your feet into the ground and pulling your body up.

Lift the weight up by pushing your feet into the ground and pulling your body up. Keep your back straight and your feet flat on the ground. Lower the weight back to the ground by pushing your feet into the ground and pulling your body down.

Note: The weight should be between your legs and your feet.

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 squa  
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 abdominal muscles and lift your pelvis up off the floor.

Return to the starting position.

Repeat 10 times.

Sets 3



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