



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

Knee Exercises Level 3 v2

Knee Exercises Level 3

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 3 – Exercises 1 to 7



1. Single-

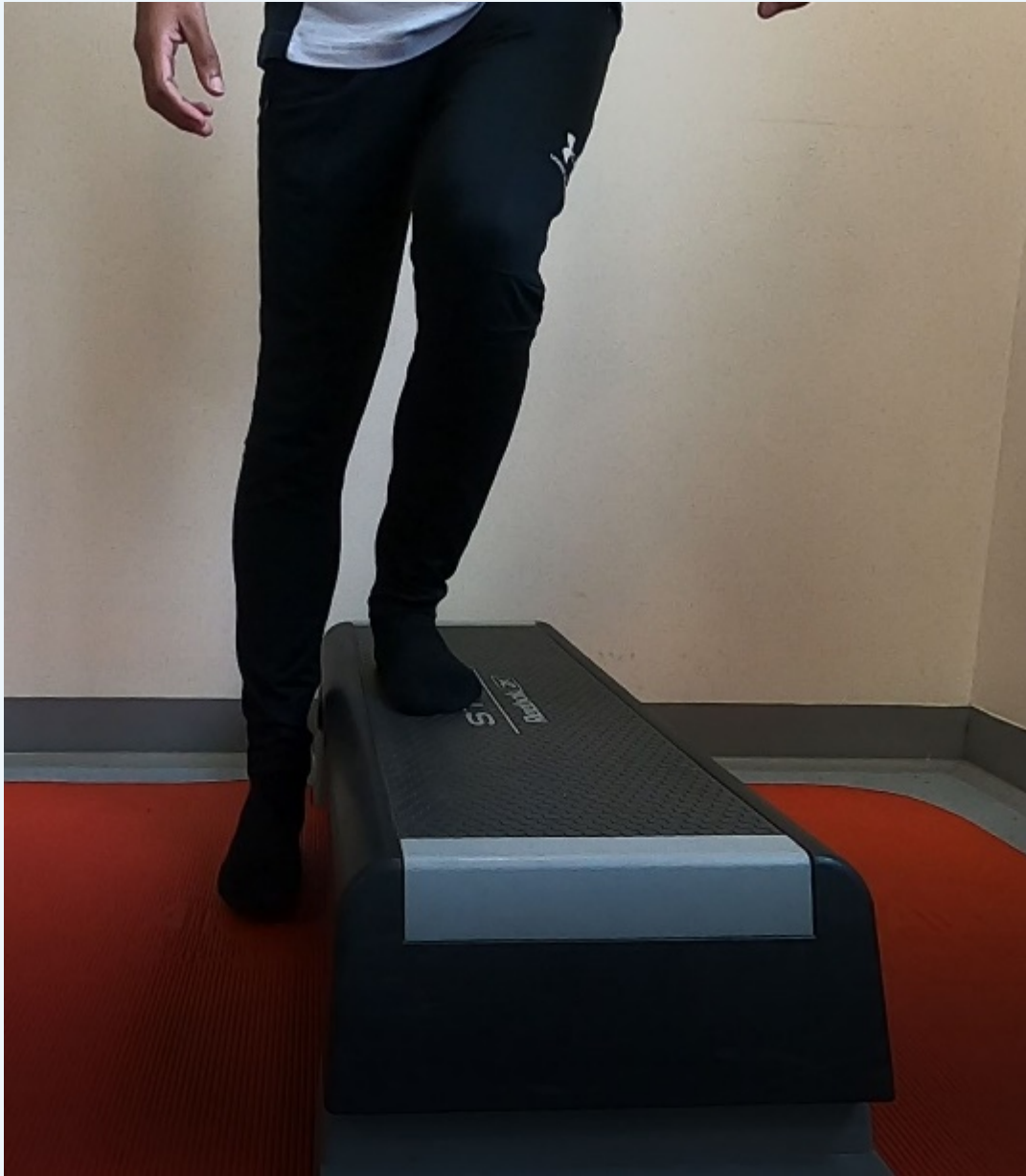
Stand tall on one leg

Squat down by
Maintain a neutral
stays flat on the
your toes.

As soon as you
push up back to

Repeat 10 times

Sets 3



1. Lateral

Stand on one leg
other leg hanging

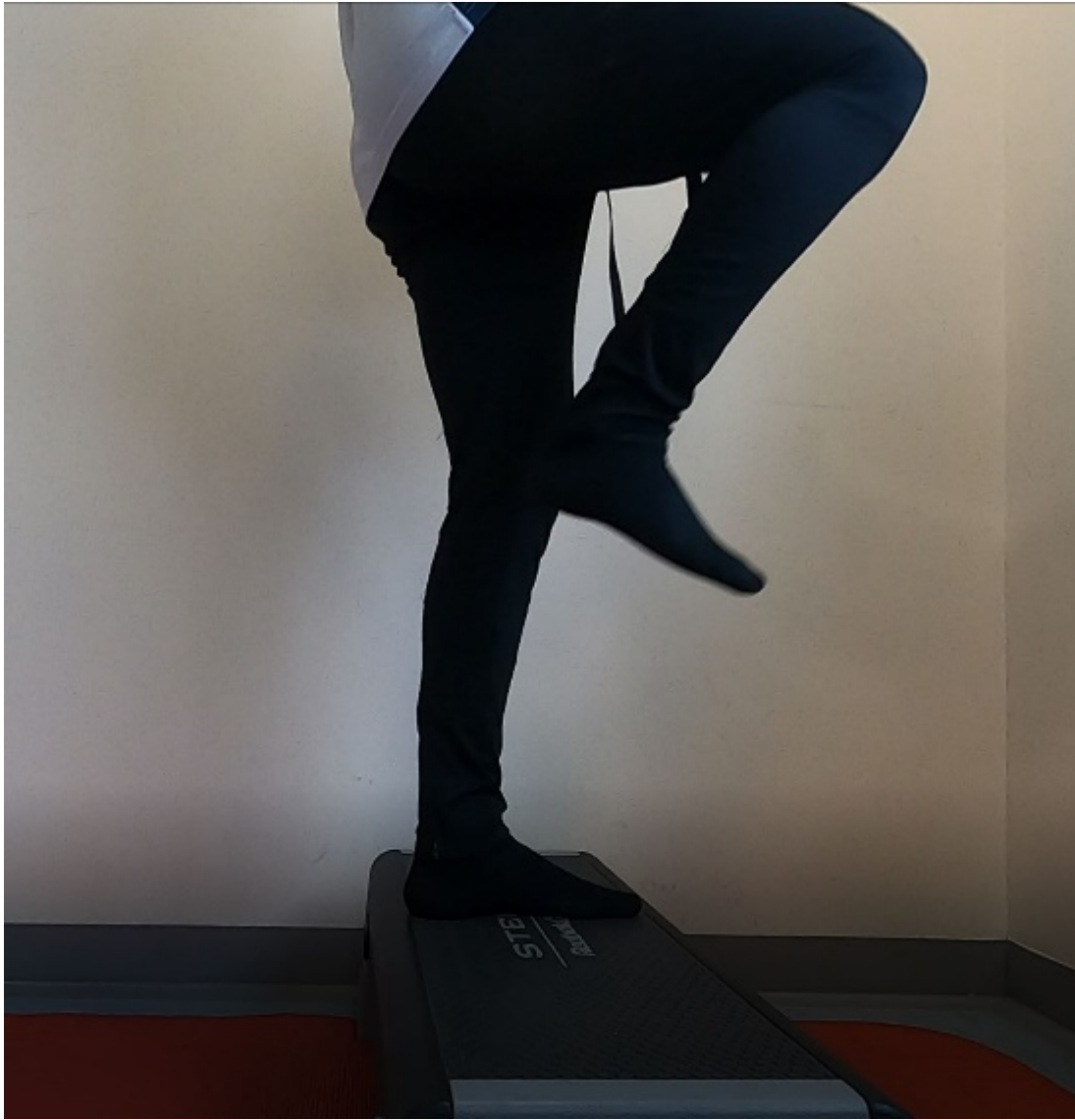
Keeping your pe
the step) allowin
but don't step do

Note:

- Keep h
- Do not

Repeat 10 times

Sets 3



1. Weight

Stand in front of
weight in your h
Kettlebell or eve
household obje

Step up on one
high knee lift (lik

Hold for a second
reverse to the fl
on the step can
repetition.

Repeat 10 times

Sets 3



1. Weighted

Stand with your feet shoulder-width apart and your toes turned out slightly. Hold the weight at chest level with both hands. Use a Dumbbell or Kettlebell, a weighted backpack, or a safe, household object.

Keep your chest up and your spine in a neutral position.

Squat down pushing your hips back and your knees forward. Squat down until your thighs are parallel to the floor, maintaining a neutral spine. Stand back up in a controlled manner.

Push back up through the heels of your feet, leading with your chest.

Note:

- Weight should be between 10-15% of your body weight.
- Keep your feet flat on the floor.

Repeat 10 times

Sets 3



1. Single-Leg

Stand tall holding
weight can be a
bag with safe, h

Lift one leg up. K
slightly bent and
same time straight
lower the weight

Use your hamstr
to single-leg sta

Note: Maintain t
throughout the e
bend as you low

Repeat 10 times

Sets 3



1. Walking

Stand tall with y

Take a long step
straightens and
leg. Squat down
to horizontal. Ke
your front knee

Push up through
the hip and knee
so that the rear
long step forward

Repeat alternati

Note:

- hips, kn
- Keep y
back.

Repeat 10 times
set.

Sets 3



1. Hop & S

Stand on the aff

Take a gentle ho
leg, bending you

Try and ensure
that position. Th
though your foot

Hold that positio
repeat.

Repeat 10 times

Sets 3



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