Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

# Knee Exercises Level 3 v2

Version number: **1.0**
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# 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

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**Therapy Department- Wrightington Hospital**

Telephone: 01257 256305

Wwl-tr.therapyadmin@nhs.net

# Knee Level 3 – Exercises 1 to 7



1. Single-l

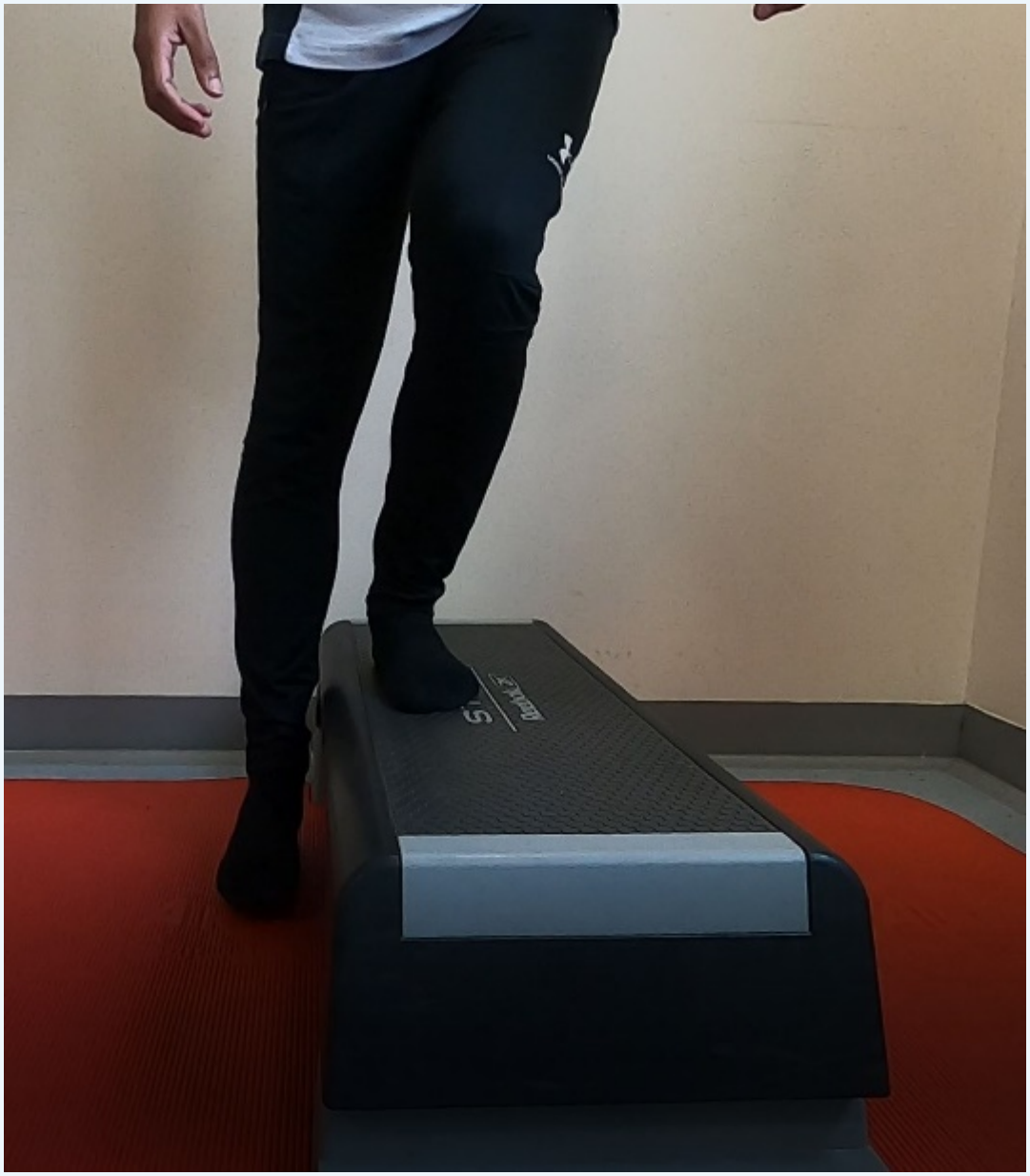
Stand tall on one l

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

As soon as you
push up back to

Repeat 10 times

Sets 3



1. Lateral

Stand on one le
other leg hangi

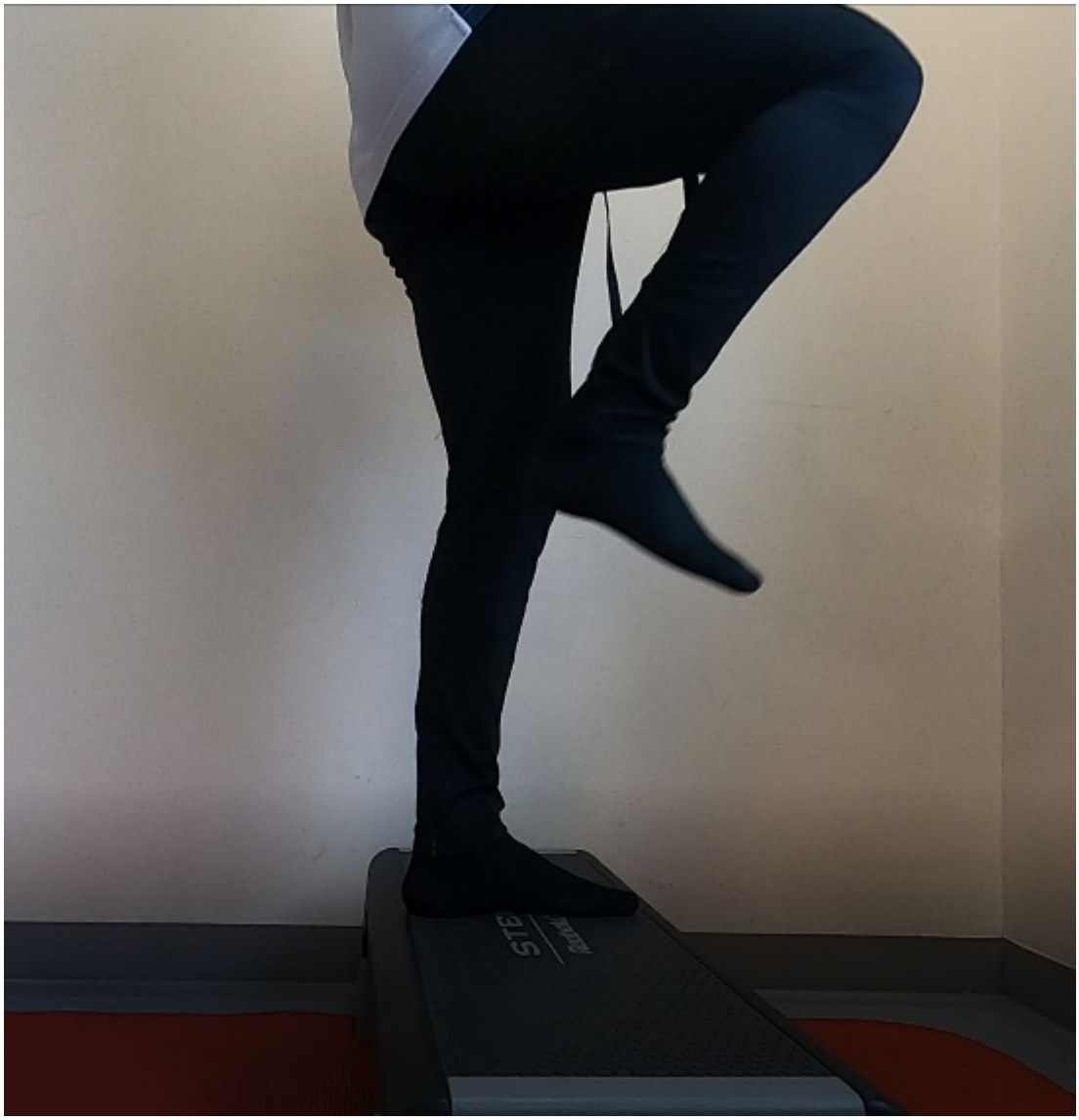
Keeping your pe
the step) allowi
but don't step d

Note:

- Keep h
- Do not

Repeat 10 time

Sets 3



1. Weight

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

Step up on one
high knee lift (lik

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

Repeat 10 times

Sets 3



1. Weighte

Stand with your
your toes turned
weight at chest
Dumbbell or Ket
safe, household

Keep your chest
neutral position.

Squat down pus
your knees. Squ
maintaining a ne
comfortable.

Push back up th
leading.

Note:

- Weight
  betwee
- Keep h

Repeat 10 times

Sets 3



1. Single-l

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

Lift one leg up. I
slightly bent and
same time straig
lower the weight

Use your hamst
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 forwar

Repeat alternati

Note:

- hips, kn
- Keep yo back.

Repeat 10 times set.

Sets 3





1. Hop &

Stand on the aff

Take a gentle h
leg, bending you

Try and ensure
that position. Th
though your foo

Hold that positio
repeat.

Repeat 10 times

Sets 3



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