



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

# **Knee Loading Program v2 Patient video**

Version number: **2**

Last modified date: **13th June 2026**

# Knee Loading Program

## Patient Information

## Musculoskeletal (MSK) Physiotherapy Services

- Author ID: GE
- Leaflet Ref: Tpy 022
- Version: 2
- Leaflet title: Knee Loading Program
- Date Produced: December 2023
- Expiry Date: December 2025

## 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 Loading – Exercises 1 to 5**



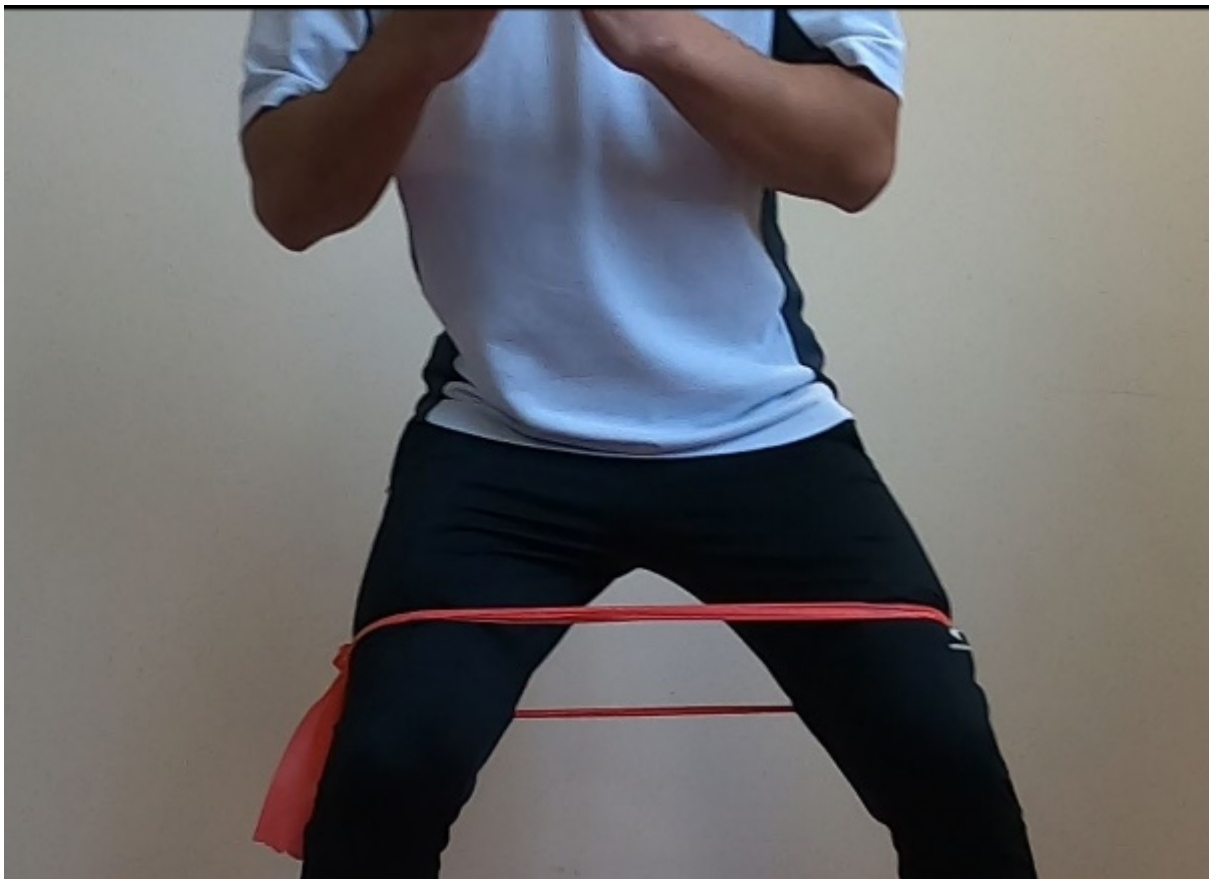






Bridge Single Leg









Version number: **2**  
Last modified date: **13th June 2026**

All rights reserved © 2026  
WWL Teaching Hospitals NHS Foundation Trust