

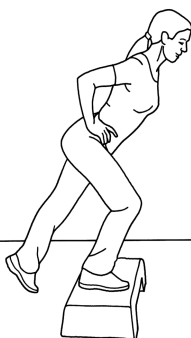


Personal exercise program

Warwick Physio and Rehab

Warwick Physiotherapy & Rehabilitation
Unit 1, Bank Gallery, 13 High Street, CV8 1LY, Kenilworth,

Advanced knee exercises



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CONTROLLED STEP UPS

Stand on a step board.

Bend one knee and straighten your other leg behind you. Extend your knee keeping your knee and pelvis controlled, then slowly return to starting position.

Repeat 10-20 times.



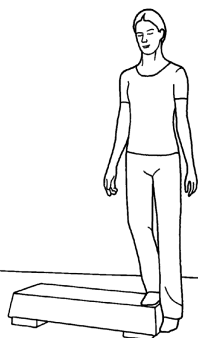
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CONTROLLED TOE TOUCHES

Stand on one leg on a step facing down.

Slowly lower yourself by bending your knee to 30 degrees. Return to starting position.

Repeat 10-20 times.



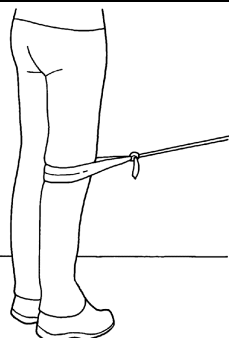
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ALTERNATIVE TO CONTROLLED TOE TOUCHES

Stand sideways on a step with one foot hanging over the edge of the step.

Slowly bend your knee allowing your other foot to brush the floor.

Repeat 10-20 times.



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1. Stand with your knee slightly bent facing a rubber exercise band which is attached around your knee.

Pull the band by straightening your knee. Hold approx. 5 secs.

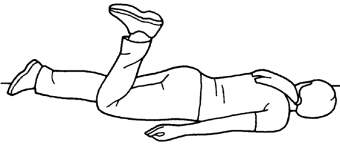
Repeat 10-20 times.

2. Make this exercise harder by single leg balance on your affected leg only, ensure that the knee stays in align with toes.

Repeat 10-20 times.

Put a weight around your ankle.

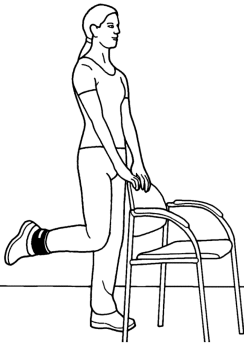
Lying face down with your hips straight and knees together.



Bend your knee as far as possible keeping hip straight and ankle flexed. Hold approx. then slowly lower.

Repeat 10-20 times.

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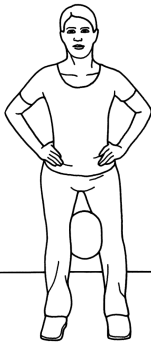


Stand. Put a small weight around your ankle. Hold onto a support and bring one leg slightly backwards.

Bend your knee and lift your foot off the floor. Hold for a few seconds before lowering.

Repeat 10-20 times.

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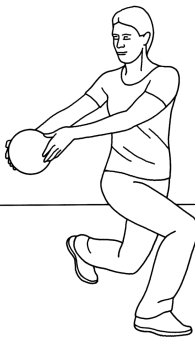


Stand. Place a ball between your knees.

Squeeze the ball while bending your knees 45 degrees. Do not let your knees turn in or out during the exercise. Return to the starting position.

Repeat 10-20 times.

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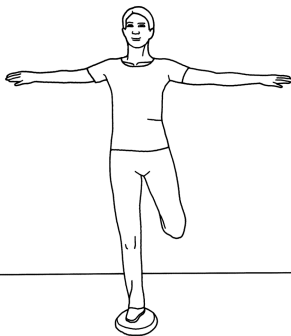


Stand holding a ball in your hands.

Take a step forward and bend your knees. At the same time turn your upper body towards the leg in front. Do not let your knees turn in or out during the exercise. Stay in this position for a moment and then return to the starting position.

Repeat 10-20 times each direction.

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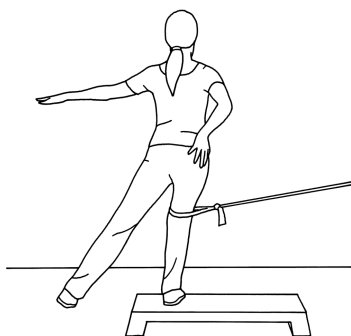


Stand.

Hop to the side landing on one leg. Do not let your pelvis tilt or your knee turn in. Start with light hops and gradually increase the force. Also hop diagonally.

Repeat 10-20 times all directions.

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Stand on a step board. Tie an exercise band around your thigh just above the knee.

Bend the leg and move the other leg to the side. Do not let your knee move further than your toes. Stay in this position for a moment and then return to the starting position.

Repeat 10-20 times.

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