



Personal exercise program

Warwick Physio and Rehab

Warwick Physiotherapy & Rehabilitation

Unit 1, Bank Gallery, 13 High Street, CV8 1LY, Kenilworth,

Basic knee exercises

FLEXION - EXTENSION

Lying on your back.



Bend and straighten your leg.

Repeat 10-20 times.

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STATIC QUADS

Lying on your back with legs straight.



Bend your ankles and push your knees down firmly against the bed.
Hold 5 secs. - relax.

Repeat 10-20 times.

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INNER RANGE QUADS

Lying on your back. Bend one leg and put your foot on the bed and put a cushion under the other knee.



Exercise your straight leg by pulling your foot and toes up, tightening your thigh muscle and straightening the knee (keep knee on the cushion). Hold approx. 5 secs. and slowly relax.

Repeat 10-20 times.

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STRAIGHT LEG RAISE

Lying on your back with one leg straight and the other leg bent. (You can vary the exercise by having your foot pointing either upwards, inwards or outwards).



Exercise your straight leg by pulling the toes up, straightening the knee and lifting the leg 20 cm off the bed. Hold approx 5 secs. - slowly relax.

Repeat 10-20 times.

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HAMSTRING CURLS

Lying face down with your hips straight and knees together.

Bend your knee as far as possible keeping hip straight and ankle flexed.

Repeat 10-20 times.



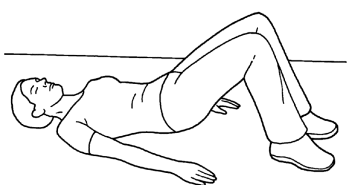
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BRIDGING

Lying on your back with knees bent and palms turned up to the ceiling.

Squeeze your buttocks together and lift your bottom off the floor. Return to starting position.

Repeat 10-20 times.



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SUPPORTED SQUATS

Stand in front of a table or chair holding on to the support with both hands.

Slowly crouch keeping your back straight and heels on the floor. Stay down for approx. 5-10 secs. and feel the stretching in your buttocks and the front of your thighs.

Repeat 10-20 times.



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