

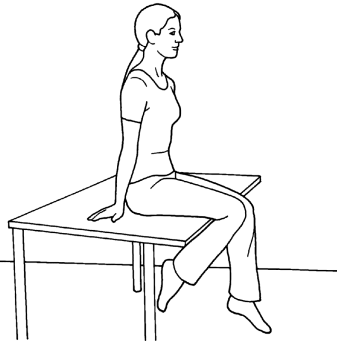


Personal exercise program

Warwick Physio and Rehab

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

Intermediate knee exer...



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Sitting.

Bend your knee as much as possible.

Repeat 10-20 times.

Make this exercises harder by placing your non-affected leg on top to help assist the affected knee back into flexion. Repeat 10-20 times.

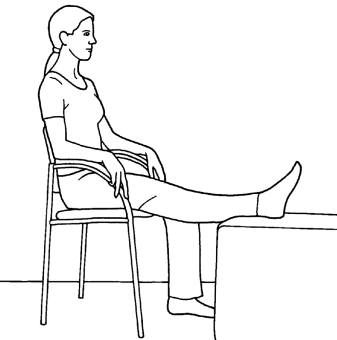


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Sit on a chair with your feet on the floor.

Bend your knee as much as possible.

Repeat 10-20 times.

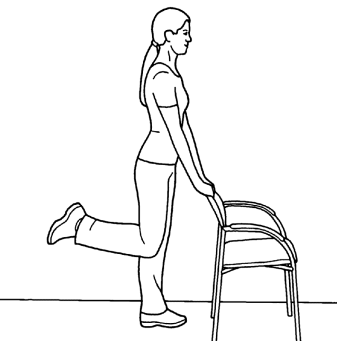


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Sitting on a chair, with the leg to be exercised supported on a chair as shown.

Let your leg straighten in this position. Hold for as long as possible.

Repeat 3 times.

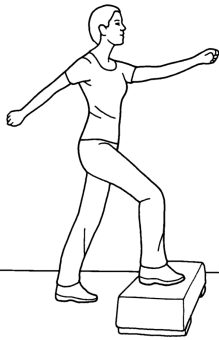


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Stand. Hold onto a support and bring one leg slightly backwards.

Bend your knee and lift your foot off the floor. Hold for a few seconds and then slowly lower.

Repeat 10-20 times.

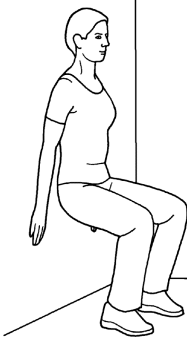


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STEP UPS

Stand in front of a 20 - 40 cm step.

Step up 10-20 times with one leg leading and then repeat with the other leg leading.



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SQUATS AGAINST THE WALL

1. Stand leaning with your back against a wall and your feet about 20 cm from the wall.

Slowly slide down the wall until your hips and knees are at right angles. Return to starting position.

Repeat 10-20 times.

2. You can progress this exercises by placing a swiss (gym) ball behind your back and squatting.

Repeat 10-20 times.



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Sitting with your arms crossed.

1. Stand up and then sit down slowly on a chair. (This can be made easier and more difficult by changing the height of the chair)

Repeat 10-20 times.

2. Make this exercises even harder by standing up on one leg only.

Repeat 10-20 times.



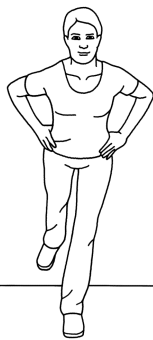
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LUNGES

Stand straight.

Take a step forward and bend your knees. Return to the starting position. Do not let your knees turn in or out.

Repeat 10-20 times.

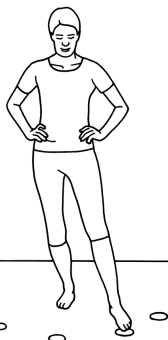


Stand.

Slowly lean your body forward 45 degrees. At the same time straighten one leg behind you and slightly bend the leg you are standing on. Keep your back straight and do not let your knee turn in.

Repeat 10-20 times.

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Stand straight balancing on your affected leg.

Allow your unaffected leg to touch forward, sideways and backwards.

Repeat 10-20 times in all directions.

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