

Patient information factsheet

Knee strengthening exercises

Try to complete the exercises at least three times a day.
Keep your leg elevated to decrease swelling.
Apply ice, wrapped in a pillowcase or tea towel, to your knee for ten minutes every hour.



1. Lie on your back, pull your toes towards you and brace your knees down firmly against the bed.

Hold for ten seconds and repeat 20 times.



2. Lie on your back and place a rolled up blanket underneath your knee. Push your knee down into the blanket and lift your heel off the bed.

Hold for ten seconds and repeat 15 times.



3. Lie on your back and pull your toes towards you. Tighten the muscles on the front of your thigh to straighten your knee and then lift the leg off the bed by approximately 20 cm.

Repeat ten times.



4. Stand holding onto a supportive surface and bend your knee, bringing your foot up towards your bottom.

Hold for ten seconds and repeat ten times.



5. Sit on a chair and pull your toes up, tighten your thigh muscle and straighten your knee. Hold for ten seconds and then relax your leg back down.

Repeat ten times.

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6. Step up ten times with one leg leading and then repeat with the other leg leading.



7. Sitting with your arms crossed, stand up and then sit down slowly on a chair. This can be made easier and harder by changing the height of the chair.

Repeat ten times.



8. Stand leaning with your back against a wall and your feet about 20cm from the wall. Slowly slide down the wall, do not push into pain.

Return to the starting position and repeat ten times.



9. Stand next to a supportive surface, and try to maintain your balance on one leg.

Hold for 30 seconds.

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If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8079 4688 for help.