

## Personal exercise program

### knee exercises

Spire Healthcare

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Sit on a chair with a towel under one foot.

Slide the foot under the chair as far as you can. Move your knee forward keeping the sole of your foot in contact with the floor.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

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Stand in front of a 20 - 40 cm step.

Step up \_\_\_\_\_ times with one leg leading and then repeat with the other leg leading.

Repeat \_\_\_\_\_ times.

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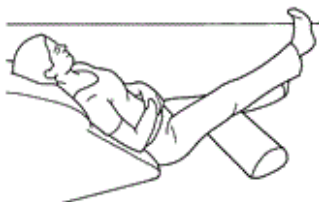


Stand leaning with your back against a wall and your feet about 20 cm from the wall.

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

Repeat \_\_\_\_\_ times.

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Long sitting with back support. Place a rolled towel/wedge under your knee.

Bend your ankle, straighten the knee and push it down against the towel. Then lift your leg 1 cm off the towel. Return to starting position.

Repeat \_\_\_\_\_ 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 \_\_\_\_\_ secs.

Repeat \_\_\_\_\_ times.