

Patient Exercise Sheet: Stiff and Painful Knee

Physiotherapy



1 Seated Knee Flexion/Extension

2 Seated Knee Flexion with Overpressure

3 Supine Knee Flexion

4 Knee Flexion on Step

5 Standing Knee Flexion

6 Knee Squashes

7 Standing Terminal Knee Extension

8 Long Sitting Terminal Knee Extension

9 Seated Knee Extension

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

1 Seated Knee Flexion/Extension



- Sit on a chair with your knees bent and both feet flat on the floor.
- Have your feet on something that will provide little resistance or friction during the exercise, for example a plastic bag or socks on a hard floor.
- Keeping your foot on the floor, slowly slide your foot backwards underneath the chair, bending your knee as far as you can.
- Then slide your foot forwards as far as you can, straightening your knee.

Alternatively, you could complete this with your foot on a ball.

CONTINUED OVERLEAF →



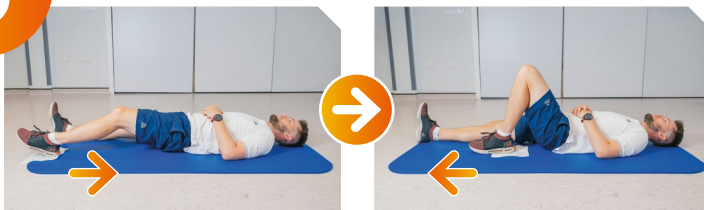
1 Seated Knee Flexion/Extension	2 Seated Knee Flexion with Overpressure	3 Supine Knee Flexion	4 Knee Flexion on Step
5 Standing Knee Flexion	6 Knee Squashes	7 Standing Terminal Knee Extension	8 Long Sitting Terminal Knee Extension
9 Seated Knee Extension			

2 Seated Knee Flexion with Overpressure



- Sit on a chair with your knees bent and both feet on the floor.
- Slide the foot of the leg to be exercised slowly backwards underneath the chair, allowing your knee to bend.
- Once you feel that you have reached a point of stiffness with this knee bend, cross your other leg in front and gently apply a backwards pressure to slightly increase the amount of knee bend in the leg being exercised.
- It is important that you only push into stiffness and that you don't aggravate any pain with this extra push.

3 Supine Knee Flexion



- Laying flat on your back, place something that will reduce friction underneath the foot of the leg to be exercised, for example a plastic bag.
- Slowly and gently slide your foot up towards your body, allowing your knee and hip to bend.
- Slide your foot up towards you as far as you're able to, then slowly straighten your leg back out to the starting position.
- Repeat as directed.

CONTINUED OVERLEAF 

- | | | | |
|--|--|---|---|
| 1 Seated Knee Flexion/Extension | 2 Seated Knee Flexion with Overpressure | 3 Supine Knee Flexion | 4 Knee Flexion on Step |
| 5 Standing Knee Flexion | 6 Knee Squashes | 7 Standing Terminal Knee Extension | 8 Long Sitting Terminal Knee Extension |
| 9 Seated Knee Extension | | | |

4 Knee Flexion on Step



- Stand with the foot of the leg to be exercised raised up onto a small step or the bottom stair.
- Keeping your foot flat on the step, gently move your bodyweight forwards over your leg, allowing your knee to bend.
- Ensure that your foot stays flat on the step, it is normal to feel an element of tightness in the back of your calf.
- It is important that you only push into stiffness.

5 Standing Knee Flexion



- Stand next to a chair or worktop for support.
- Slowly bring the foot of the leg being exercise up towards your buttocks by bending your knee.
- If required, you can use a towel or your hands to pull your foot closer to you, increasing the amount of flexion at your knee.

CONTINUED OVERLEAF 

- | | | | |
|--|--|---|---|
| 1 Seated Knee Flexion/Extension | 2 Seated Knee Flexion with Overpressure | 3 Supine Knee Flexion | 4 Knee Flexion on Step |
| 5 Standing Knee Flexion | 6 Knee Squashes | 7 Standing Terminal Knee Extension | 8 Long Sitting Terminal Knee Extension |
| 9 Seated Knee Extension | | | |

6 Knee Squashes



- Sitting or laying with your legs out straight in front of you.
- Contract your thigh muscle and squeeze your knee down into the floor, straightening your knee as much as possible.

7 Standing Terminal Knee Extension



- Stand next to a worktop for balance and support, and place your foot up onto a chair or stool.
- Contract your thigh muscles and squeeze your knee down towards the floor, straightening your knee as much as possible.

CONTINUED OVERLEAF 



- | | | | |
|--|--|---|---|
| 1 Seated Knee Flexion/Extension | 2 Seated Knee Flexion with Overpressure | 3 Supine Knee Flexion | 4 Knee Flexion on Step |
| 5 Standing Knee Flexion | 6 Knee Squashes | 7 Standing Terminal Knee Extension | 8 Long Sitting Terminal Knee Extension |
| 9 Seated Knee Extension | | | |

8 Long Sitting Terminal Knee Extension



- Sit on the floor with your foot up on a chair or stool and leg relatively straight.
- Contract your thigh muscles and squeeze your knee down towards the floor, straightening your knee as much as possible.

9 Seated Knee Extension



- Sit on a chair with your feet flat on the floor.
- Slowly extend your leg and straighten your knee by contracting your thigh muscles, straighten your leg as far as possible.