

Patient Exercise Sheet:  
**Weak and Painful  
Knee** *STAGE 1*

Physiotherapy



**1** Knee Squashes

**2** Terminal Knee Extension

**3** Seated Floor Push

**4** Seated Knee Extension

**5** Isometric 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 Knee Squashes



- Sit on the floor or your bed with your leg straight out in front of you.
- Contract your thigh muscle and try to squeeze your knee down into the floor, straightening it as much as you're able to.

Hold this position and maintain the "squeeze" for 5 seconds.

CONTINUED OVERLEAF →





1 Knee Squashes

2 Terminal Knee Extension

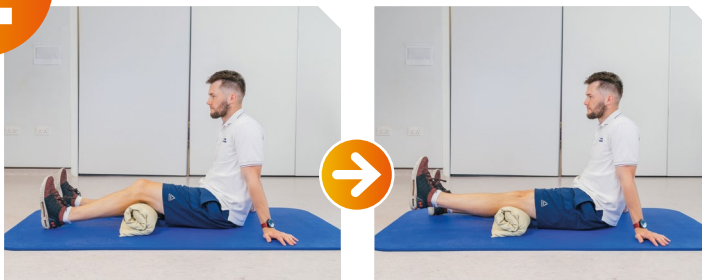
3 Seated Floor Push

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2

## Terminal Knee Extension



- Sit with your leg out straight in front of you and a towel or cushion rolled up underneath the crease of your knee, so that your knee is slightly bent.
- Contract your thigh muscle and straighten your knee as much as possible, so that your leg becomes completely straight and your foot rises off of the ground.

Hold this position and maintain the “squeeze” for 5 seconds.

3

## Seated Floor Push



- Sit on a chair with both feet flat on the floor.
- One at a time, push your foot into the floor as if you were trying to push the floor away from you.
- You should feel the muscles in your thigh and buttock contract. There shouldn't be any actual movement during the exercise, even though your muscles will be contracting and you may feel pressure through your knee and foot.

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## 4 Seated Knee Extension



- Sit on a chair with both feet flat on the floor.
- Contract your thigh muscle and slowly straighten your knee as far as you're able to.
- Maintain this position for 5 seconds and then slowly return to the starting position.

## 5 Isometric Knee Extension



- Sit on a chair with feet flat on the floor.
- Cross your unaffected leg over in front of the leg to be exercised.
- With the leg to be exercised, try to straighten your leg by pushing forwards against the unaffected leg.
- At the same time, apply an equal and opposite level of resistance with your unaffected leg. ie one leg pushing forwards (trying to straighten) and one leg push backwards (trying to bend).
- There shouldn't be any actual movement during the exercise, despite both legs pushing against each other.

**Only push as hard as you can tolerate, a small amount of discomfort is ok, but don't aggravate your pain.**

