

Patient Exercise Sheet:
**Weak and Painful
Knee** *STAGE 2*

Physiotherapy



1 Seated Knee Extension with Weight/Band

2 Sit to Stand

3 Straight Leg Raise

4 Wall Squat

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 Extension with Weight/Band



- Sit on a chair with both feet flat on the floor.
- Use an ankle weight or a resistance band with one end tied around your ankle and the other tied to the chair / stable surface.
- 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.

CONTINUED OVERLEAF →



1 Seated Knee Extension with Weight/Band

2 Sit to Stand

3 Straight Leg Raise

4 Wall Squat

2 Sit to Stand



- ➔ Sit on the edge of a chair / bed with your feet flat on the floor.
- ➔ Try to ensure that your knees are bent to approximately 90 degrees.
- ➔ Lean forwards and bring your chest forwards whilst pushing up evenly through both your legs to stand up.
- ➔ Stand up nice and tall, straighten your knees and bring your bum forwards.

REGRESSION / EASIER VERSION:

- ➔ If the exercise is too difficult or painful, slide the painful leg slightly further forwards so that your stance is slightly offset.
- ➔ This will mean that the leg that is slightly further back will have to work a little harder.

CONTINUED OVERLEAF 



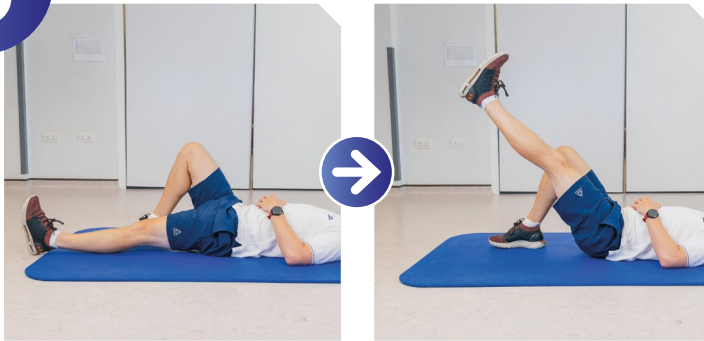
1 Seated Knee Extension with Weight/Band

2 Sit to Stand

3 Straight Leg Raise

4 Wall Squat

3 Straight Leg Raise



- Lay flat on your back with the leg to be exercised out straight, and the other leg bent slightly with your foot flat.
- Keep your leg as straight as possible and contract your thigh muscles to lift the leg up to approximately 45degrees or slightly higher if able to.
- Then slowly control back down to the starting position.

4 Wall Squat



- Stand with your back flat against a solid wall and your feet out in front of you.
- Have your feet around hip width apart from each other, and ensure that your feet are far enough away from the wall.
- Slowly lower / slide down the wall, controlling the movement with your legs, allow your knees to bend as you lower.
- Then push slowly back up to the start position.
- Your knees shouldn't go forwards over your toes, if they do you need to take you feet slightly further away from the wall.