

Patient Exercise Sheet: **Weak and Painful Knee** *STAGE 3*

Physiotherapy



1 Offset Sit to Stand

2 Wall Squat

3 Goblet Squat

4 Extended Arm Squat

5 Split Squat

5 Bridges

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 Offset Sit to Stand



- Sit on a chair with your feet on the floor.
- Have your feet approximately hip width apart, in a staggered stance with one foot further forwards than the other.
- Lean forwards and push through your legs to stand up from the chair.
- The leg that is further back will have to work harder.
- Ensure that you stand up straight and don't bias or veer off to one side.

CONTINUED OVERLEAF →



1 Offset Sit to Stand

2 **Wall Squat**

3 Goblet Squat

4 Extended Arm Squat

5 Split Squat

6 Bridges

2 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.
- ➔ Hold the position as long as you're able to.
- ➔ Your knees shouldn't go forwards over your toes, if they do you need to take your feet slightly further away from the wall.

CONTINUED OVERLEAF 



1 Offset Sit to Stand

2 Wall Squat

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3 Goblet Squat



- Stand with your feet around hip width apart and hold a small weight in front of your chest.
- Slowly squat down towards the floor, sit your bum / hips backwards and down towards the floor, whilst keeping your chest and head facing forwards.
- The push up through your legs evenly to return to the starting position.

4 Extended Arm Squat



- Stand with you feet around hip width apart, chest facing forwards and both arms extended out in front of you.
- Slowly squat down allowing your bum / hips to go backwards and down towards the floor, whilst keeping your chest upright and facing forwards.
- The push up through your legs evenly to return to the starting position.

CONTINUED OVERLEAF 

1 Offset Sit to Stand

2 Wall Squat

3 Goblet Squat

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6 Bridges

5 Split Squat



- ➔ Stand with your feet split apart, one forwards and one back.
- ➔ Your stance needs to be wide enough to allow you to comfortably lower yourself down towards the ground.
- ➔ Slowly lower yourself down to the ground by taking your hips back and down, allowing both knees to bend. The trailing knee will go towards the floor whilst the leading knee will bend slightly forwards.
- ➔ Keep your chest and torso upright during the exercise.

6 Bridges



- ➔ Lay on your back with both knees bent and your feet on the floor.
- ➔ Contract your buttock muscles and slowly lift your hips and lower back up off of the floor and into the bridge position.
- ➔ Hold as directed, and then slowly lower back down to the starting position.