

Patient Exercise Sheet: Weak and Painful Knee *STAGE 4*

Physiotherapy



1 Jump Squat

2 Bulgarian Split Squat

3 Single Leg Sit-to-Stand

4 Ice Skaters

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 Jump Squat



- Stand with your feet around hip width apart.
- Slowly lower down into the squat position, allowing your bum / hips to go back and down towards the floor, keep your chest facing forwards.
- From the squat position, push up through your legs with enough speed and power and to extend your legs and jump into the air.
- When landing, try to land with "soft knees", absorb the impact of the landing and allow your knees to bend and "land softly".
- Then return to the start position and repeat.

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**1** Jump Squat**2** Bulgarian Split Squat**3** Single Leg Sit-to-Stand**4** Ice Skaters**2**

Bulgarian Split Squat



- Stand with one leg out in front and the other leg elevated out behind you on a small step / low chair.
- Slowly lower yourself down towards the ground by taking your hips back and down towards the floor, allow your trailing knee to bend down towards the floor, and the leading knee to bend slightly forwards.
- Then push up through your legs to return to the starting position.
- You should feel the muscles in your thighs and buttocks working hard.
- Ensure that your chest and torso remains facing forwards during the exercise.

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1 Jump Squat

2 Bulgarian Split Squat

3 Single Leg Sit-to-Stand

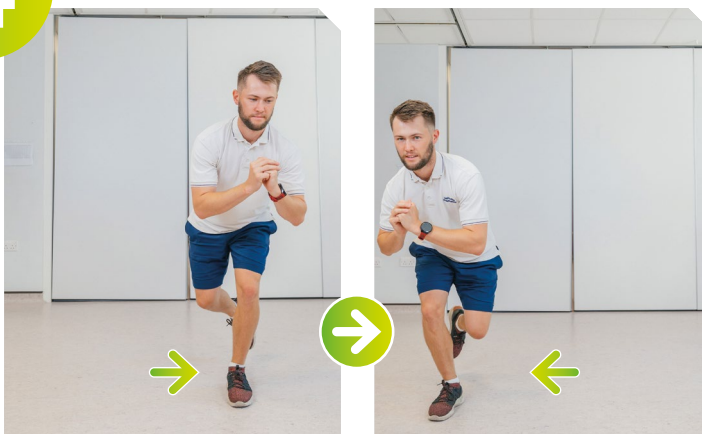
4 Ice Skaters

3 Single Leg Sit-to-Stand:



- Sit on a chair / edge of a bed with one foot flat on the floor and the other lifted slightly off of the floor.
- Ensure that your shin is almost vertical and that your foot isn't tucked too far behind you.
- Lean your weight forwards, and push up through your leg to slowly come up into a standing position on one leg.
- You should feel the muscles of your thigh and buttocks working hard.
- Complete the exercise in a slow and controlled manner, there shouldn't be too much wobbling during the exercise.
- If the exercise is too difficult, increase the height of the surface you are standing up from eg sit on a pillow to bring you higher up.

4 Ice Skaters



- Stand on one leg with the other leg crossed over behind you.
- Swing the leg that is behind you back across to the other side and jump onto that leg – try to land softly, allow your knee to gently bend to absorb the landing.
- Then repeat this movement to jump back over to the other side again.
- The movement should look like an ice skater going side to side.

