

Personal exercise program

Early knee exercises



Warwick Physio and Rehab

Warwick Physiotherapy & Rehabilitation

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Website Website

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Active Knee Flexion in Supine

Lie on your back, with legs straight.

Bend your knee by sliding your heel towards your buttocks and return to the starting position.

Repeat _____ times.

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Straight Leg Raise in Supine

Lie on your back with one leg bent and foot on the floor, the other leg is straight.

Bend the ankle of the straight leg, contract the muscles of your front thigh and lift the leg off the floor keeping it straight.
In a controlled manner, return to the starting position.

Repeat _____ times.

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Isometric Knee Extension in Supine

Lie on your back with one leg bent and the other leg straight.

Bend the ankle of the straight leg and press the back of the knee against the floor using your front thigh muscles.
Hold the tension for a moment and then relax.

Repeat _____ times.

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Bridge

Lie on your back with legs bent.

Squeeze your buttock muscles and roll your pelvis off the floor.
In a controlled manner, return to the starting position.

Repeat _____ times.

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Stand in front of a table or chair holding on to the support with both hands.

Slowly crouch keeping your back straight and heels on the floor. Stay down for approx. 20 secs. and feel the stretching in your buttocks and the front of your thighs.

Repeat _____ times.