

Knee Programme

Name: _____

Please complete this programme _____ per day

Tick the required exercise below

1. Knee extension (VMO activation)



- Place knee on rolled up towel
- Pull toes up towards you, squeeze inside of quads to push back of knee into towel and straighten knee lifting heel
- Hold for 5 seconds then slowly lower. Repetitions

2. Straight Leg Raise



- Lying on back, bend one knee up to protect back. Keep other leg straight and turn toes out to the side
- Keeping knee straight, lift leg up about 45 degrees
- Hold for 5 seconds then slowly lower. Repetitions

3. Heel/shin slide



- Lying on your back, one knee bent and one knee straight
- Sweep one ankle up your shin bone squeezing the muscle on the inner thigh and lower the leg to straight knee position. Repetitions

4. Bridging



- Lying on back with both knees bent. Ball between knees
- Squeeze knee together and curl tail bone underneath and peel spine up off mat one bone at a time until shoulders and knees are in a line
- Hold for 5 seconds then slowly lower your spine one bone at a time. Repetitions

5. Hip Twist



- Lying on back with both knees bent, feet flat on floor right leg still (Imagine you have a drink balanced on your right knee)
- Slowly roll your left leg outwards from your body while keeping Roll your left leg back inwards until it is line with the left hip.
- Repeat alternating leg. Repetitions

6. Clam



- Lying on side (hips facing forward, lying tight against wall to prevent hip rolling backwards). Slightly bend knees.
- Keeping ankles together, lift top knee up towards ceiling
- Slowly lower. Repetitions

7. Single Leg Stance → Tree



- Practice standing on one leg and try to keep your balance. Hold for _____ secs. Repetitions
- **Progression (Tree):**
- Stand on one leg with other leg bent up and out to side
- Reach up tall with arm as tall as you can and try to achieve good knee alignment and stability. Repetitions
- Tip: complete this exercise in front of full length mirror so you can see how you are doing.

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8. Duck Exercise



- Sitting with heels together, toes turned out and hands on the inside of knee
- Slowly straighten knees as you feel the muscles bulge on the inside of your knee
- Slowly lower
- Repetitions

9. Hip Abduction Side lying



- Lying on side (close to wall)
- Bend bottom leg
- Keeping top knee straight and toes pointing up towards you, lift top leg up into air (do not let hip roll backwards)
- Hold for 5 seconds, slowly lower
- Repetitions

10. Wall slides



- Lean against a wall with feet shoulder distance apart and ball between knees
Squeeze ball between knees and slowly slide down wall
Hold for 5 seconds
Repetitions

11. Quadriceps Stretch



- Lying on your tummy, push hip down into floor
 - Keeping knees together, bend knee and pull your heel to bottom
 - Hold for 30 seconds
 - Repetitions
- Tip: place a rolled up towel in front of knee to stretch front hip even more!

12. Hamstring Stretch



- Sitting with one leg straight out in front, other leg bent. Keep back straight
- Keeping knee straight, reach towards ankle with both hands
- Hold for 30 seconds
- Repetitions

13. Calf Stretch



- Stand facing wall with leg to be stretched behind and both feet pointing forwards.
 - Push into wall keeping hip forwards, back knee straight and heel down
 - Hold for 30 seconds
 - Repetitions
- Tip: Bend back knee slightly to stretch deeper muscle in calf