Anterior Knee Pain Exercise Programme

Below is a programme of exercises to complete to strengthen your knee and hip. Please complete as advised by your physiotherapist.

**Strengthening Exercises**

- **Lying on your back.** Bend one leg and put your foot on the bed/floor and put a rolled up towel underneath the other knee. Exercise your straight leg by pulling your foot and toes up, tighten your thigh muscle and straighten the knee whilst keeping your knee on the towel. Hold for 5 seconds and slowly relax.
  
  Repeat _____ times _____ times daily

- **Lying on your back.** Bend one leg and put your foot flat on the bed/floor. You can vary the exercise by having your foot pointing upwards, inwards or outwards. Exercise your leg by pulling the toes up, keeping the knee straight and lifting the leg 20cm off the bed. Hold for 5 seconds and slowly lower leg with control.
  
  Repeat _____ times _____ times daily

- **Stand with your back against the wall.** Place your feet hip width apart. Slide down the wall to bend your knees, then slowly return to the starting position. Initially try a little squat quarter the way down, then progress to half way as shown in the picture = 90 degree angle.
  
  Repeat _____ times _____ times daily

- **Stand with your feet hip width apart.** Take a step forwards and take the weight onto your front leg. Keep your front knee in line with your toes. Keep your back knee off the floor. Push off your front leg and return to the starting position. Repeat with the other leg.
  
  Repeat _____ times _____ times daily
☐ Side lying, raise your upper leg keeping knees in line with toes. Lower down slowly with control.

Repeat ______ times ______ times daily

☐ Sit on a chair. Put a theraband around your knees. Spread knees apart. Slowly bring knees together under control.

Repeat ______ times ______ times daily

☐ Lie on your back with knees bent and feet flat on the floor. Squeeze your buttocks and lift your lower back off the floor. Return to the starting position by gently lowering your pelvis back down to the floor.

Repeat ______ times ______ times daily

**Stretching Exercises**

**Quadriceps Stretch**

☐ Lying face down, take hold of your foot and draw towards your buttocks until you feel tension in your thigh muscle.

Hold still for 30 seconds

Repeat ______ times ______ times daily

**Hamstring Stretch**

☐ Lying on your back, take hold of your thigh and draw your legs towards you until you feel tension in the back of your thigh muscle. Aim to keep the knee straight.

Hold still for 30 seconds

Repeat ______ times ______ times daily

**Calf Stretch**

☐ In standing, step forwards and bend your front knee. Keeping feet facing forwards, straighten the back knee and push the back heel into the floor. You should feel tension in your calf muscle.

Hold still for 30 seconds

Repeat ______ times ______ times daily

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Calf Stretch

- In standing, take a small step forwards and bend your front knee. Bend the back knee, keeping your heel on the floor. You should feel tension in the lower calf muscle.

  Hold still for 30 seconds

  Repeat _____ times _____ times daily

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We can supply this information in other formats, in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on 01202 448499, text 07758 272495 or email pals@poole.nhs.uk for further advice.

If you wish to make any comments on this leaflet, please contact the Patient Information Team confidentially: by phone on 01202 448003, by post to the Health Information Centre (address above), or email patient.information@poole.nhs.uk.