

## Patient information

### Knee Mobilising and Quads Strengthening Exercises

Therapies Department



Lie on your back with your knees straight. Pull your foot towards you by bending your ankle joint.

Straighten your knee by tightening the thigh muscle, so your knee-cap dips.

Hold .....seconds.

Repeat .....times.



Lie on your back with a rolled up towel (or plastic bottle wrapped in a towel) under your knee.

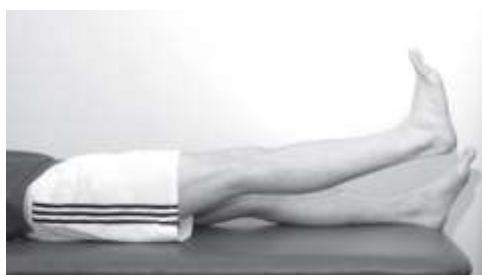


Keep the back of your knee on the towel and tighten your thigh muscle to lift your foot off the bed.

Aim to fully straighten your knee.

Hold.....secs.

Repeat .....times.



Lie on your back with your knees straight.  
Pull your foot towards you by bending your ankle joint.  
Straighten your knee by tightening the thigh muscle then lift your whole leg a small height off the bed.

Hold.....secs then slowly lower.

Repeat.....times.



Sit on a chair with your thighs supported. Straighten your knee as far as possible, keeping your thigh still.

Hold .....secs then slowly lower your leg.

You can progress this by adding an ankle weight.

Repeat .....times.



Stand with your feet hip width apart and your toes slightly turned out.

Slowly bend your knees over your toes keeping your heels on the floor.

Return to starting position.

Repeat.....times.



Stand with your back against a gym ball on a wall, with your feet hip width apart and slightly forward.

Slowly bend your knees and hips to squat down as far as you are comfortable, ensuring your knees stay in line with your ankles.

Return to starting position.

Repeat .....times.



Sit in chair, with a rolled up towel under lower thigh.  
Bend your knee and hold for ..... secs.  
Repeat .....times.

To bend the knee further, cross your other leg over the front of your ankle and press back.



Sit with both legs straight out in front of you. Bend your knee and knee up towards you.

Repeat .....times.

You can use your hands to pull your knee further up towards you.



Lie on your front. Bend your knee, bringing your heel towards your bottom. Press gently with the other leg to increase the bend of your knee.

Repeat .....times.

## Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## Further information

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