

## Gentle Knee Exercises

### Safety

Check with your doctor or manual therapist to ensure these exercises are suitable for you. Start slowly with them and stop if you feel any pain or discomfort.

### Mobility Exercises

#### Flexion/Extension Seated

1. Sit on a chair and place your foot on the floor.
2. Slowly slide your foot away from you to straighten your knee as far as comfortable.
3. Slowly slide your foot towards you to bend your knee as far as comfortable.
4. Repeat 3-5 times, up to 3 times daily.

To allow your foot to slide more easily, you can place a tray underneath your foot when on carpet and a tea towel when on wood/laminate/tiled floors.

You can also do this exercise lying on your back in bed.

#### Knee Swinging

1. Either sit comfortably on a high stool or stand on a small step and hold onto a handrail.
2. Gently bend and straighten your knee as far as comfortable to create a slow, relaxed swinging movement.
3. Repeat around 10 times, up to 3 times daily. Stop if it feels uncomfortable.

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### Strength Exercises

#### Knee Straightening

1. Sitting in a chair or lying on a bed, gently rotate your hip so your foot is pointing outwards slightly.
2. Straighten your knee firmly (if comfortable) and hold for around 30 seconds.
3. Relax and repeat once more if comfortable. You should feel the muscles at the front of your thigh tensing during this exercise.

#### Sit/Stand

1. Sit comfortably in a chair with both of your feet planted on the floor.
2. Slowly push through your feet and heels to stand.
3. Slowly sit back down.
4. Repeat 3-5 times, up to 3 times daily.

You can use your hands to help push up at first but try to build up to doing the exercise without using your hands.