



Information for patients, relatives and carers

Knee Exercises

The knee is a hinge joint. If it becomes painful the thigh muscles may become weak and the knee may be difficult to straighten. These exercises will help prevent loss of movement at the knee and strengthen the thigh (quadriceps and hamstring) muscles.

Static Quads

Sit with your back supported and your leg straight out on the floor or bed. Tighten-up the front of your thigh and press the back of your knee into the supporting surface. If the exercise is done correctly, the kneecap should move up and down as you tighten and relax the quadriceps muscles.

Straight Leg Raise

Sit as above. Bracing your knee, and keeping the leg straight, lift the leg a few inches upwards. Keep your toes pointing towards the ceiling throughout and lower your leg slowly.

Knee Bends

Sit as above. Bend the knee so that your heel moves closer towards your bottom. Straighten leg then repeat with the other leg.

Inner Range Quads

Sit as above with a towel or blanket rolled-up beneath both knees. Straighten the knee and count to three before slowly lowering. Keep your toes pointing up to the ceiling throughout. This exercise can also be done in a chair without the towel.

Hamstring Exercises

Lie on your stomach if you are able. Bend the knee bringing the heel towards your bottom. Hold for a count of five then lower slowly. This exercise can also be done standing. Hold on to a sturdy chair and bend the knee bringing the heel towards your bottom, hold for a count of five then lower slowly.

Weight Bearing Knee Exercises

A quarter squats. Standing with feet shoulder distance apart, hold on to a sturdy chair for balance. Slowly bend your knees, squatting as low as you can tolerate. **Do not squat beyond 90 degrees.** Slowly straighten your knees.

Step Ups

For patients with stairs/steps with a bannister or hand rail. Using the bottom step, hold on to the bannister for balance if necessary. Step on to the step with the right leg first, then the left. Next step down, first with the right leg, then with the left. Repeat as you are able, alternating leading leg with each step.

① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk/when-to-use-111/)

Patient Advice and Liaison Service (PALS): We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email pals@york.nhs.uk. An answer phone is available out of hours.

Leaflets in alternative languages or formats: If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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