Knee Exercise Chart

Exercise Chart

Exercise 1
Brace your knee downwards and pull your foot towards you.

Hold for  seconds, then relax.

Repeat  times.

Exercise 2
Pull your heel towards your hip, then push it out again.

Repeat  times.

Exercise 3
Raise your leg off the ground, making sure that your other leg is bent during the exercise.

Hold for  seconds, then relax.

Repeat  times.

All exercises to be repeated 3 times daily

Physiotherapy Department
**Exercise 4**

Sit on a firm chair and raise your leg.

Hold for _____ seconds, then relax.

Repeat _____ times.

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**Exercise 5**

Whilst standing (and holding on to a chair for stability), raise your heel, bending your leg at the knee.

Hold for _____ seconds, then relax.

Repeat _____ times.

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**Exercise 6**

Sit on a firm, flat surface with your hands behind you for support. Place a rolled towel under your knee so that your leg bends about 6 inches from the ground.

Hold for _____ seconds, then relax.

Repeat _____ times.