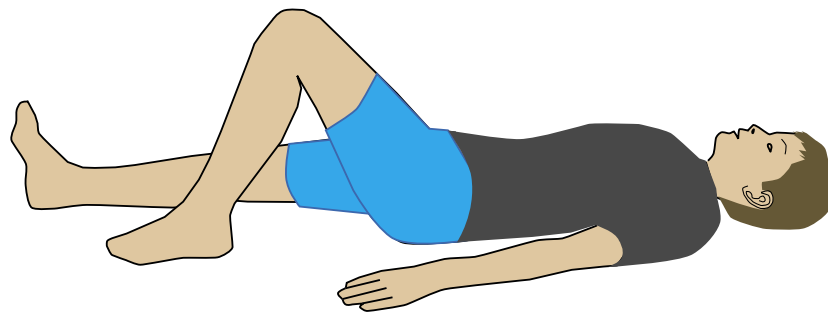


Knee Exercise Sheet

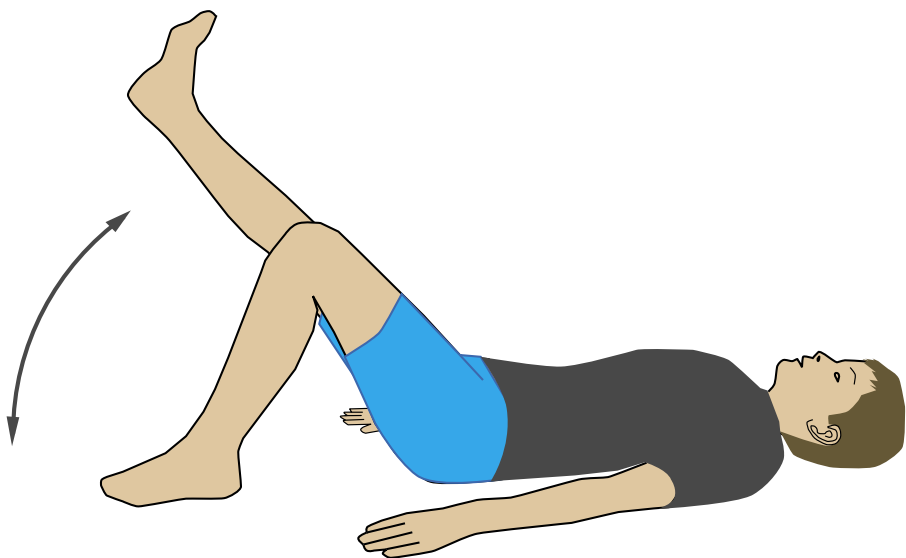
Mr S H Palmer FRCS (Tr and Orth)

Straight Leg Raises

Lie on your back with opposite knee bent to support your lower back.



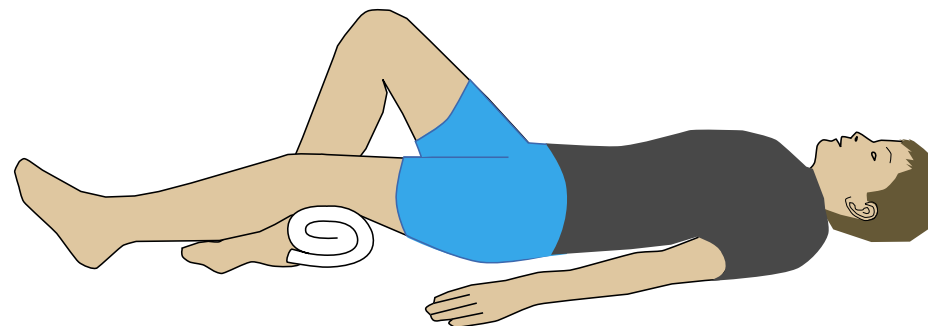
Tighten your knee muscles (quads) and point your toes upwards. Slowly lift your leg straight up, slightly lower than your bent knee. The leg should be straight throughout the lift. Lower and relax leg between each lift.



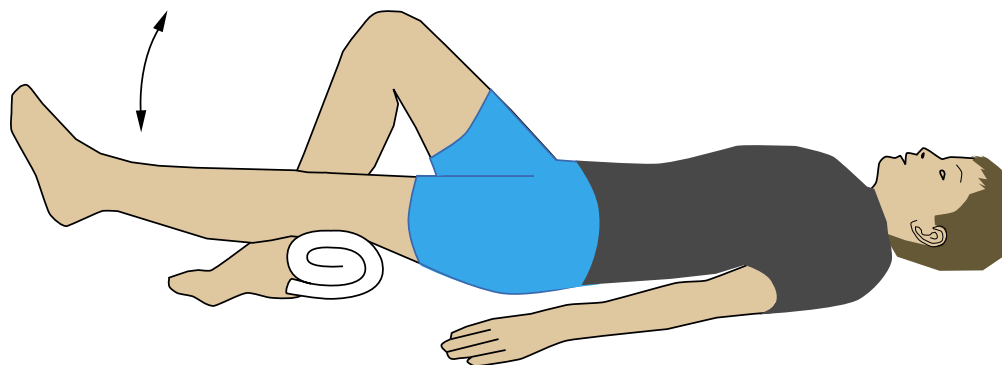
Perform: 8 sets of 10, 3 times a day

Terminal Knee Extension

Lie on your back and place a rolled up towel under your knee causing it to bend slightly. Bend the other knee to support your lower back.



Lift your heel in order to straighten the leg. Hold for 5–10 seconds and then relax.



Perform: 6 sets of 10, 3 times a day