

# Knee Exercises

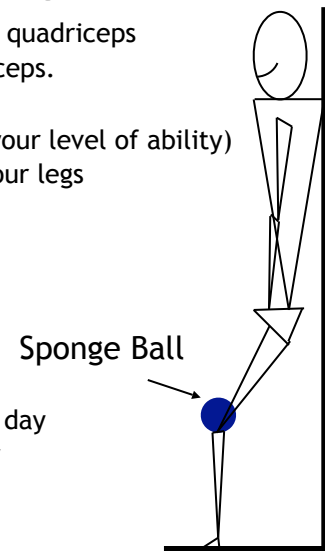
To be performed daily

1. Swing the leg whilst sitting on a table for about 5 mins a day.
2. Hot and Cold Compresses to the knee daily, 5 of each, end with cold (see hot & cold advice)

## Adductor Strengthening

It is necessary to strengthen the adductors before attempting quadriceps strengthening as the adductors “switch on” the quadriceps.

1. Sit on a chair / stand with your back against a wall (depending on your level of ability)
2. Bend the knees slightly so you are holding your body weight with your legs
3. Place sponge ball / firm cushion / other similar between knees
4. Squeeze knees together slowly
5. Hold squeeze for 5 seconds
6. Relax
7. Repeat ten times
8. If this is not uncomfortable, repeat again after a minute's rest
9. If you have no adverse reaction, repeat this sequence 3 times each day
10. If you still have no adverse reaction, increase repetitions to twenty



## Quadriceps / Hip Strengthening

3. Using elasticated resistance band (dynaband / theraband / Ci-band) to wrap over the ankle and a stable object (chair / table leg) sit on the chair / table with legs in front of you
4. Straighten the leg as far as is comfortable without causing pain
5. Hold for 5 seconds
6. Repeat ten times
7. If this is not uncomfortable, repeat again after a minute's rest
8. If you have no adverse reaction, repeat this sequence 3 times each day
9. If you still have no adverse reaction, increase repetitions to twenty
10. Start with the lowest grade elasticated band, then increase the band strength gradually, starting back at step 3 for each new grade of band.

(Alternatively, the same exercise can be performed by hanging two cans of soup / other foodstuff over the foot in a plastic bag.)