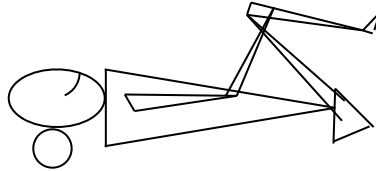


# Low Back Exercises

1. Lie on your back on a firm surface
2. Support your head on a cushion
3. Pull your knees up to your chest until you feel a low-back stretch
4. Hold it for 5 seconds
5. Repeat 10 times



Do this every other day when you are not in pain and every day when you are.

# 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 (sheet attached)
3. Walk up and down in 2 inches of cold water for 2 minutes each day.
4. Adductor Strengthening exercises (follows).
5. Quadriceps strengthening exercises - Using elasticated resistance band (dynaband / theraband) to wrap over the ankle and a stable object (chair / table leg) lift the leg up towards straight from hanging ten times. (Alternatively hang two cans of baked beans over the foot and perform the same exercise.)

# Adductor Strengthening

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

1. Stand with your back against a wall
2. Bend the knees slightly so you are holding your body weight with your legs
3. Place sponge ball / cushion / other similar between knees
4. Squeeze knees together slowly ten times
5. Relax for a minute
6. Repeat

