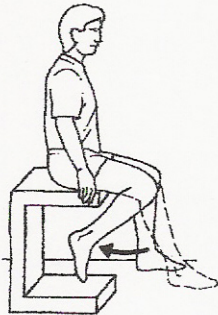


KNEE EXERCISE SHEET

PRODUCED BY: DR HASAN TAHIR & MR CLIVE SUTTON



Sit on a chair with your feet on the floor. Bend your knee as much as possible. Work slowly and gently.

Repeat 15 times.

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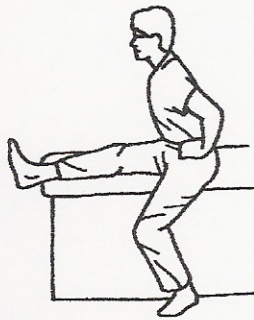


Lying on your back.

Bend your leg and bring your knee towards your chest.

Repeat 10 times.

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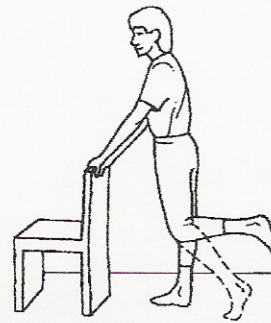


Sit on a table with one leg straight in front of you with the heel over the edge and the other leg on the floor (as shown).

Bend your upper body forwards keeping your back straight. Hold approx. 20 secs.

Repeat 3 times.

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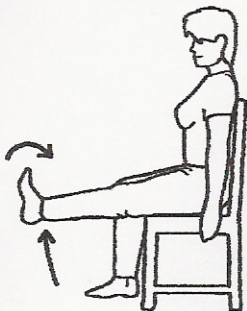


Stand. Hold onto a support and bring one leg slightly backwards.

Bend your knee and lift your foot off the floor. Hold 1 sec.

Repeat 10 times.

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Sit on a chair. Pull your toes up, tighten your thigh muscle and straighten your knee. Hold approx. 5 secs. and slowly relax your leg.

Repeat 10 times.

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Lying on your back with one leg straight and the other leg bent.

Draw in your stomach muscles.

Lift the straight leg 20 cm off the bed. Hold approx 5 secs. - slowly relax.

Repeat 10 times, then change leg.

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- START THE EXERCISES GENTLY, THE REPETITIONS ARE A GUIDE
- AIM TO PERFORM THE EXERCISES MORNING, LUNCH AND EVENING
- IF THE EXERCISES MAKE THE PAIN WORSE, STOP FOR 2-3 DAYS
- START AGAIN VERY GENTLY, IF THEY STILL MAKE THE PAIN WORSE SEEK ADVICE AS NECESSARY

