



**KNEE PAIN EXERCISES**



**Wall Squats**

Standing with back against wall, feet about 12" from wall, toes pointing straight ahead. Slowly lower body down the wall to a squat position. Do not to bend knees past 90, and do not let knees push out further than the toes. Maintain an abdominal hollow throughout. Slowly push back up to the starting position. Stop if the exercise causes pain.

<b>Sets:</b>	4-3
<b>Reps:</b>	15-20
<b>Weight:</b>	
<b>Hold:</b>	4-10 sec
<b>Rest:</b>	30-60
5 x/week	

**Notes:**



**Wall Squat /Adduction - Ball**

Standing with back to wall, feet approx. 2ft. from wall. Place ball between knees and squeeze knees inward. Slowly bend knees to perform squat while holding the ball with sustained pressure. Maintain an abdominal hollow throughout. Slowly slide back up wall, still sustaining pressure on ball. Repeat. Stop if the exercise causes pain.

<b>Sets:</b>	4-3
<b>Reps:</b>	15-20
<b>Weight:</b>	
<b>Hold:</b>	4-10 sec
<b>Rest:</b>	30-60
5 x/week	

**Notes:**



**Straight Leg Raise - 1/2 Seated**

Sitting with legs extended straight out, upper body supported by forearms. Turn the foot of the active leg out slightly and raise the leg up 12". Maintain an abdominal hollow throughout the movement. Hold for 3 relaxed breaths, slowly return to start position, repeat. Stop if the exercise causes pain.

<b>Sets:</b>	4-3
<b>Reps:</b>	15-20
<b>Weight:</b>	
<b>Hold:</b>	4-10 sec
<b>Rest:</b>	30-60
5 x/week	

**Notes:**



Patient:  
ID:  
Issued By:  
Date: 29/08/2024 18:02:15



Hamstring Curls / Knee Flexion

Sitting tall, tubing attached in front at waist level. With tubing placed around ankle, slowly bend knee and pull heel back toward chair. Maintain an abdominal hollow, hold for 3 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
4 x/week	

Notes:



Quads / Knee Extension

Sitting tall, tubing attached low on leg of chair, and placed around ankle. Slowly straighten leg out while pulling toes up. Hold for 3 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
4 x/week	

Notes:



Side Step Lunge

Standing, tubing attached to the side at waist level. With tubing placed around waist, slowly step to one side and lower body down over that leg. Maintain an abdominal hollow and avoid twisting. Hold for 3 relaxed breaths, slowly return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
4 x/week	

Notes:



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### One Leg Squats - Rocker

Step onto rocker board with one foot. Looking straight ahead, raise other foot onto board. Lift one foot behind, try to steady board on one foot. Once steady, perform a shallow squat on one leg, again trying to keep the board level. Rotate the board, and repeat with board rocking in opposite direction. Maintain an abdominal hollow throughout. Stop if the exercise causes pain.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

Notes:



### Quads Standing

Standing tall, with hip still in neutral, bend one knee backward so that heel approaches buttocks. Grasp above the ankle with the opposite hand. Maintain pelvic tilt and squeeze buttocks to gently extend hip backwards, feeling stretch in front of thigh. Can place fingers gently on back of chair to increase stability. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### Patella Mobilization

Sitting with leg straight, knee supported on rolled up towel, quadriceps relaxed. Grip knee cap firmly with thumb and pointer finger, gently glide knee cap side to side. Adjust grip, thumb and finger now gripping top and bottom of knee cap, glide knee up/down. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



### Static Lunges

Step forward, slightly longer than a normal stride. Lower the body straight down until back knee almost touches floor. Front knee should not bend past 90. Keep upper body tall, avoid leaning forward. Maintain abdominal hollow. Can rest hand on chair for stability, but raising/lowering performed only by the legs. Repeat then alternate legs. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



### Front Step Ups

Place exercising foot on a step/stair, with back foot about 6" from the step. With control, raise back foot up on to the step. Avoid leaning forward and do not push off with back foot. Maintain an abdominal hollow. Lower foot to starting position and repeat. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



### End Range Knee Extension

Sitting tall in chair, neutral spinal alignment. Place ankle weight on ankle, straighten knee to approx. 20 short of full extension. Straighten knee to full extension, hold for 3 relaxed breaths, then slowly lower back to 20 flexion. Hold for 3 relaxed breaths, repeat. Maintain an abdominal hollow throughout. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



### Hop - Bilateral

Standing, hop from side to side and forward/backward. Keep feet together and focus on soft controlled landings. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



### Jump on Board

Standing approx. 1ft. from rocker board, jump up onto board. Land softly with knees bent, establish balance, eventually with board level. Stop if the exercise causes pain.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

Notes:



### 2 footed landing on BOSU

Standing on raised step, feet shoulder width apart, knees bent - BOSU ball positioned 12" in front of the step. Jump to BOSU ball, landing softly with knees bent, both feet contacting BOSU at same time. Establish balance, maintain abdominal hollow, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

Notes: