

## Knee Straightening Exercises

The following exercises can be performed up to four times a day based on your symptoms.

The exercises might cause some discomfort, but they should not cause severe pain.

### 1. Rest

- Sit, resting the heel of the affected leg on a book with the back of the knee unsupported

Rest in this position 1 – 5 minutes (as tolerated)



### 2. Over-press the knee

- Push down on the thigh (just above the kneecap), ‘bowing’ the knee back
- Pulse this pressure 30 – 60 times (approximately 1 pulse per second) try not to release the pressure completely and keep the pulses smooth

Repeat 3 – 5 times

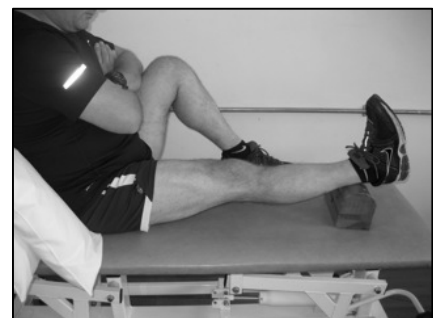


### 3. Static quadriceps exercise

- Maintain the position of exercise 2
- Tense the thigh muscle, to ‘lock’ the knee out straight

Hold 5 – 10 seconds

Repeat 10 times



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#### 4. Hamstring stretch

- Place the foot of the affected leg on a bench or secure chair
- The leg should be completely straight
- The standing (unaffected) leg should be slightly bent
- Stand tall with your back naturally arched
- Without rounding your lower back, bend at the hips and lower your torso until you feel a comfortable stretch

Hold 20 – 30 seconds

Repeat 5 times



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#### 5. Calf stretch

- Place hands on a wall or similar for support
- Stand with unaffected leg in front and the affected leg a stride length behind
- Both feet pointed forward (12 o'clock position)
- Keep back knee straight, with the heel pressed to the floor
- Lean forwards, do not lift your heel, feel a comfortable stretch

Hold 20 – 30 seconds

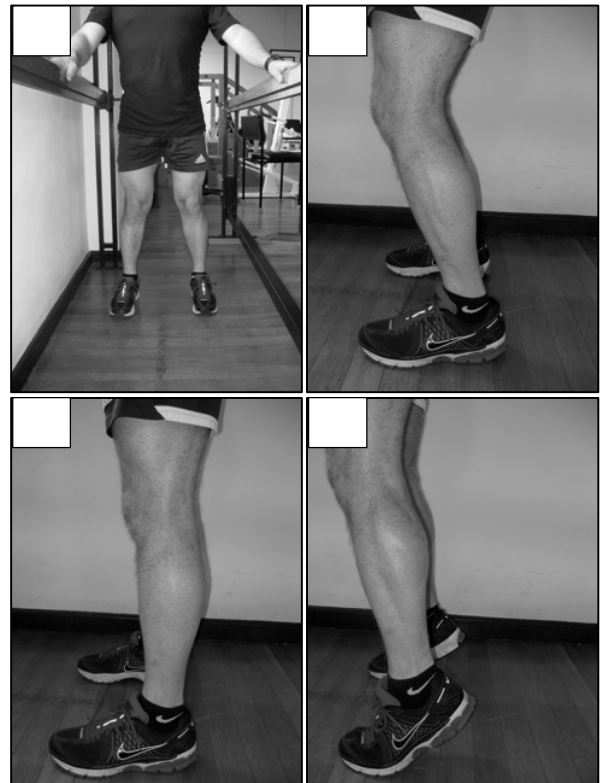
Repeat 5 times



## 6. Mini-squat ↔ Heel raise

- Use support (table, chair back rest, worktop, etc.) as required
- Stand with feet shoulder width apart, weight evenly distributed through both legs [A]
- Bend both knees slightly (keeping heels down) [B]
- Straighten knees fully [C]
- Lift heels (tip-toes) [D]

Lower and repeat 10 times



## 7. Weight transfer - forwards

- Stand between the back rests of two chairs
- Place affected leg in front keeping it straight keep the heel is in contact with the ground, but hold the forefoot up [A]
- The affected leg stays straight as you rock forward, transferring your body weight down through the leg, placing the forefoot down [B]
- Rock back taking the weight through the unaffected leg (as the forefoot of the affected leg lifts up) [A]

Repeat 10 times



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### 8. Step-up

- Place the foot of the affected leg on the bottom stair, use bannisters or wall for support [A]
- Step up by straightening at the knee [B → C → D]
- Step off with the unaffected leg, allow the affected leg to control the lowering down movement

Repeat 10 times

