

# Knee Exercise Chart

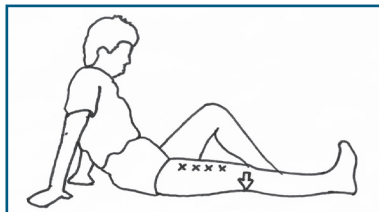
All exercises to be repeated 3 times daily

## Exercise 1

Brace your knee downwards and pull your foot towards you.

Hold for  seconds, then relax.

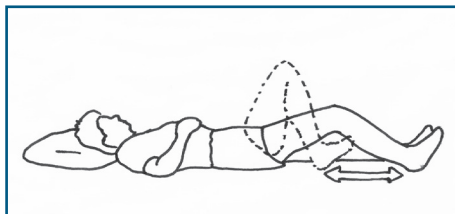
Repeat  times.



## Exercise 2

Pull your heel towards your hip, then push it out again.

Repeat  times.

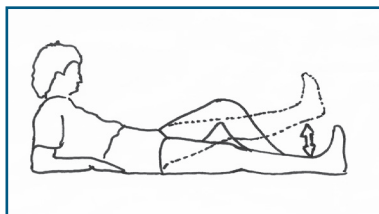


## Exercise 3

Raise your leg off the ground, making sure that your other leg is bent during the exercise.

Hold for  seconds, then relax.

Repeat  times.



# Physiotherapy Department



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## Exercise 4

Sit on a firm chair and raise your leg.

Hold for  seconds, then relax.

Repeat  times.

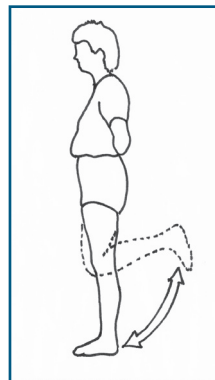


## Exercise 5

Whilst standing (and holding on to a chair for stability), raise your heel, bending your leg at the knee.

Hold for  seconds, then relax.

Repeat  times.

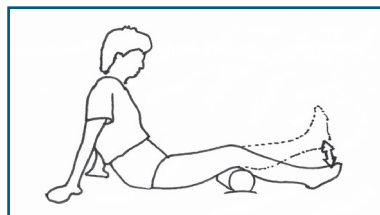


## Exercise 6

Sit on a firm, flat surface with your hands behind you for support. Place a rolled towel under your knee so that your leg bends about 6 inches from the ground.

Hold for  seconds, then relax.

Repeat  times.



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