

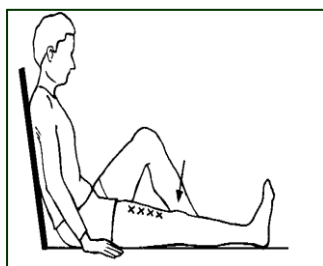
PATIENT INFORMATION

Knee Injury

Advice for patients, relatives and carers

General Knee Exercises

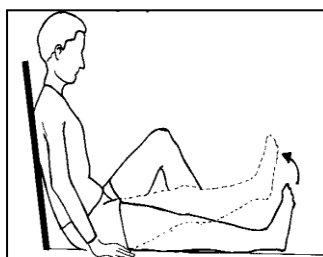
Repeat exercises 3-4 times a day.



1. Static Quadriceps

Press the back of your knee on to the bed as firmly as possible to tense up the thigh muscles.

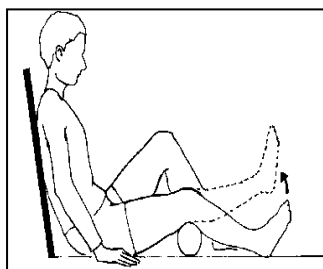
Hold for 3 seconds and relax. Repeat 10 times



2. Straight Leg Raise

Tense your thigh muscle. Keep your knee as straight as possible, pull your foot towards you and lift your leg 6 inches off the bed.

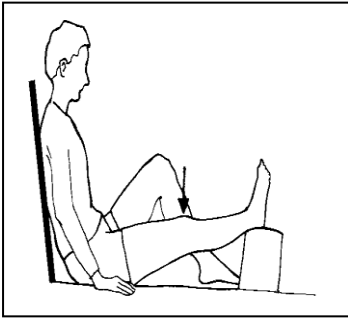
Hold for 5 seconds. Lower slowly. Repeat 5 times



3. Heel Lifts

Place a rolled-up blanket under the knee and allow the knee to bend and the heel to rest on the bed. Keeping the knee on the blanket, tense the thigh muscle and lift your heel off the bed. Try to straighten the knee as much as possible.

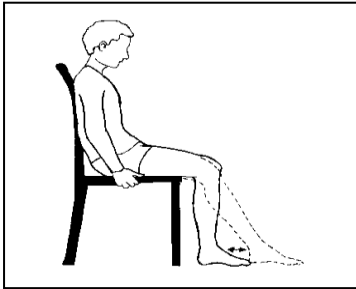
Hold for 2-3 seconds. Lower slowly. Repeat 10 times.



4. Passive knee stretch / Knee hang

It is important to regain full extension of your knee as well as flexion. Place your heel on a block or rolled up towel so there is no support beneath it, let the knee “hang” for 3-5 minutes or as tolerated.

Repeat 4-5 times a day.



5. Knee Flexion

Sit with the thigh well supported. Slowly slide your foot backwards, bending at the knee. Keep your bottom and thigh still. You should feel a stretch in the thigh and knee. This may be painful, but it will not damage your knee. Try to push further each time.

Repeat 10-15 times, 1-2 hourly

There are plenty of advice videos that can be found on the web page below:

www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/

Videos that you may find helpful are:

‘How to care for an injury to a joint at home’ and **“Knee pain management”**

If there is no improvement after 2 weeks, then you can self-refer into physiotherapy for assessment and advice.

[To refer yourself for Physiotherapy](#)

Please Call: 0300 456 9987 (local rate)

Monday-Friday 08:30 – 12:00 noon (excluding bank holidays)

Or visit:

www.torbayandsouthdevon.nhs.uk/physiopkb

All initial physiotherapy consultations are a video call appointment with an Enhanced Clinical Practice (ECP) Physiotherapist.

There are a limited number of initial face-to-face appointments for patients without technology but the waits for these may be longer.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.