

# Walker & Hall Chartered Physiotherapists

## Knee - Basic Exercises

Personal Exercise Program

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PLEASE READ BEFORE CONTINUING



### WARNING AND DISCLAIMER

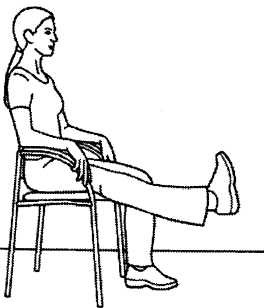
**BEFORE** you commence any form of exercise or treatment programme you should **FIRST** consult with your General Practitioner (GP) or Physiotherapist.

Any exercise holds an element of risk if undertaken without supervision or if performed incorrectly. If you are unsure how to perform **ANY** of the exercises shown on this site then you **SHOULD** consult with your General

Practitioner (GP) or Physiotherapist **BEFORE** commencing.

If you feel any discomfort or pain during the exercises you should **STOP IMMEDIATELY**.

The information found within this site is for general information only and should **NOT** be treated as a substitute for advice from your own doctor or physiotherapist. The exercises and other advice described are **NOT** suitable for everyone. You should **NOT** begin any exercise routine without consulting a qualified health practitioner particularly if you are pregnant, nursing, elderly, or if you have any chronic or recurring conditions. Any application of exercises suggested is at the reader's sole discretion and risk. Walker and Hall Chartered Physiotherapists accept no responsibility or liability for any loss or injuries caused directly or indirectly through the performing of any exercises given within this website or associated material produced by Walker and Hall Chartered Physiotherapists. The authors of any information associated with Walker and Hall Chartered Physiotherapists do not guarantee that any recommended exercises will work, or that you will produce benefits for yourself. Always consult your own General Practitioner (GP), if you're in any way concerned about your health or anything associated with it.

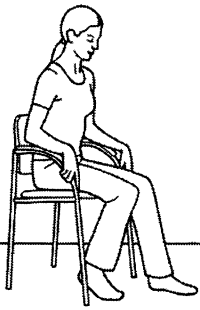


Sit on a chair.

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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Sit on a chair with your feet on the floor.

Bend your knee as much as possible.

Repeat 10 times.



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Sitting with your arms crossed.

Stand up and then sit down slowly on a chair. (This can be made easier and more difficult by changing the height of the chair)

Repeat 10 times.



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Stand in front of a table or chair holding on to the support with both hands.

Slowly crouch keeping your back straight and heels on the floor. Stay down for approx. 2 secs. and feel the stretching in your buttocks and the front of your thighs.

Repeat 10 times.

**STOP ALL EXERCISES IF YOUR PAIN BECOMES WORSE AND  
SEEK MEDICAL ADVICE**