

# Advice about managing your painful knee (Generic)



You should do these exercises little and often (e.g. 3 times a day, perhaps 5-10 repeats) and gradually increase as able. The aim is to feel tired as though you have worked your knee joint without a large increase in pain. It may take some time before you feel they get easier.

### Early mobilisation exercises:

#### Over the side of bed or chair:

- 1) In a sitting position with heel on the floor (using socks on a shiny floor or a plastic bag on foot on carpet can be helpful to make the surface slippery), gently try to bend and straighten your knee. By pushing the heel gently into the floor you will feel your muscles working more. In time your knee will move further.

Try to do these 5 times a day, perhaps 5-10 repeats.



Try and straighten your knee with your heel on the ground.



Gently push your heel into ground and bend your knee.



Keep bending as able, then straighten again.

## Lying on bed

- Place a rolled up towel under your knee so it is comfortable. Contract your thigh muscle and push into the towel, attempting to straighten your knee by lifting your heel off the bed. Hold for 5-15 seconds. Fully relax in between repetitions. Try to do this 5 times a day, perhaps 5-10 repeats. As this improves it will be easier for your heel to raise up off the bed.



Lift your heel off the bed



Try and straighten your knee

- Sit with your feet securely on the floor then stand up. Initially it is easier from a higher chair. As pain allows take more weight on the painful side during the exercise. When standing, try and straighten knee. Then slowly sit down again being conscious to bend knee as you return to sitting.

Try to do these 5 times a day, perhaps 5-10 repeats.



Slowly stand up



Straighten knee

## Advanced exercises when your knee becomes more comfortable:



Standing with one foot on a step slowly step up using the muscles around your knee then slowly return to starting position.

Repeat until your leg is tired and repeat on the other side. Use a banister for support if required.



Using a wall for support. With knees as straight as possible gently lift heels off the ground. Lift up for a count of 3 then gently lower for a count of 3.

Repeat until tired. After a short rest try again



Using wall for support place one foot behind with knee straight and heel on the floor until you feel a stretch at the back of your leg. Hold for 15 and and repeat 5 times.

Repeat on the other side.



Lying on your back on the bed or floor. Support one thigh with your hands and try and straighten your knee. Also flex your foot as in the picture. Once you feel the stretch in the back of your leg hold for 15 seconds and repeat 5 times.

Repeat on the other side



Lying on your back push up through your heels and squeeze buttocks. Relax your arms. Hold for 5 to 10 seconds then relax back to starting position.

Repeat until tired.





