



Lynwood Village Therapy Centre

A simple knee exercise programme to help sore knees recover.

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Watch the video first at www.lynwoodvillage.co.uk/videos/

- Avoid pain, so let that be your guide.
- Start with 5 x each exercise and build up to 10 x each exercise
- 5 exercises standing, 5 exercises lying down
- Please watch the video first (see link above) to see how to do these exercises safely

Knee Exercises

1. Marching, slowly and turning in a circle
2. Side steps right and then left, with knees slightly bent
3. Heel/toe rocking
4. Knee dips
5. Sit to stand, slowly especially when sitting back down
6. Straight leg raising right and left
7. Bilateral Inner Range Quads, use roller or cushion under knees
8. Hip adduction, lying on your side
9. Squeeze pillow between your knees while lying on your back
10. Bridging, knees bent up lying on your back, lift your hips up