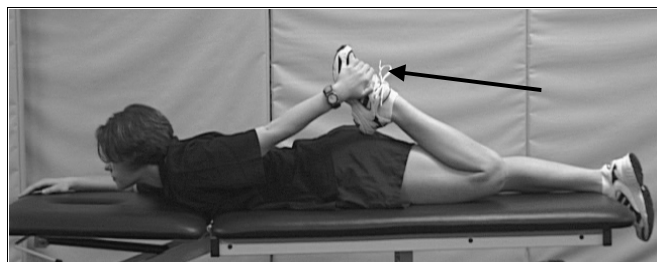


ANTERIOR KNEE PAIN EXERCISES

The following exercises are to be performed **daily** within your **pain free limits** for a **minimum of 8 weeks** as directed by your physiotherapist.

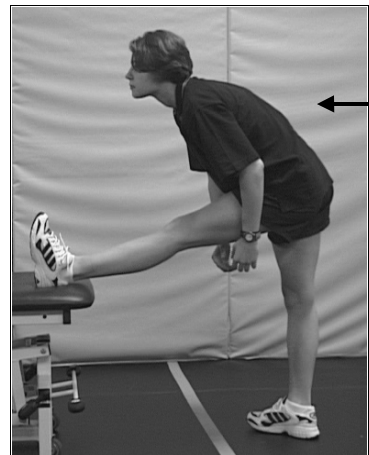
- 1) Lying on your front, grasp the ankle of the affected leg with the hand on the same side and ease the heel toward the buttock. Feel the stretch at the front of the thigh.

HOLD 20 sec
REPEAT 5X



- 2) Standing with the affected leg supported as below. Lean forwards from the hips. Feel the stretch at the back of the thigh/ knee.

HOLD 20 sec
REPEAT 5X



- 3) Standing with the affected leg stepped behind and foot facing forward, lean your body weight forward, keeping the heel in contact with the ground. Feel the stretch in the calf.

HOLD 20 sec

REPEAT 5X



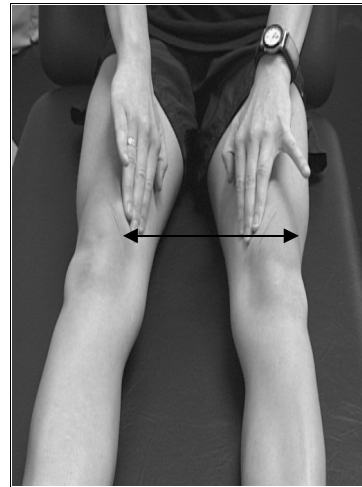
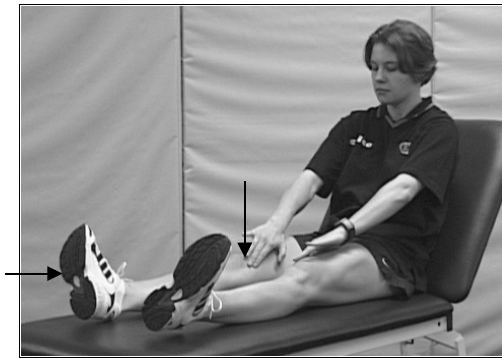
- 4) Standing against a wall, feet approximately 3" away from the wall and toes 'turned out' slightly. Bend at the knees and 'flatten' the small of back against the wall. Slowly straighten the knees and stop when you feel the small of your back is losing contact with the wall.

HOLD 10 sec
REPEAT 10X



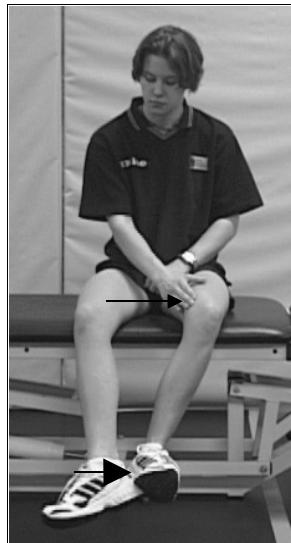
- 5) Seated as below, pull feet toward you from the ankles, brace the knees back using the muscles at the front of the thigh. Place both hands against the inner side of both knees and meet the resistance they offer. No movement should occur, except a static contraction. Feel the muscle on the inner side of your knee contracting.

HOLD 10 sec
REPEAT 10X



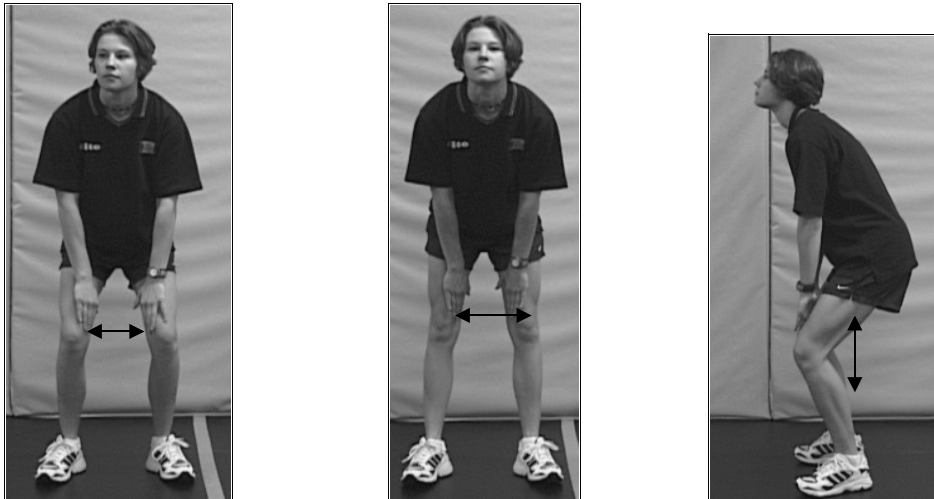
- 6) Seated as below, place the ___ heel into the ___ instep. Place the ___ hand against the ___ inner knee. Meet the resistance offered by the heel and hand, push against them as though you are trying to kick a ball with the inside of your foot. No movement should occur, except a static contraction.

HOLD 10 sec
REPEAT 10X



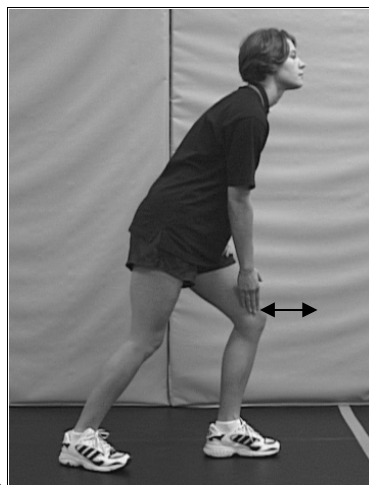
- 7) Standing with body weight even through both legs and the feet turned out slightly. Bend (approximately 30°) at the knees, aim to direct the centre of the kneecap over the second toe as you perform the mini-squat. Place both hands against the inner side of both knees and meet the resistance they offer throughout the movement.

REPEAT 10X



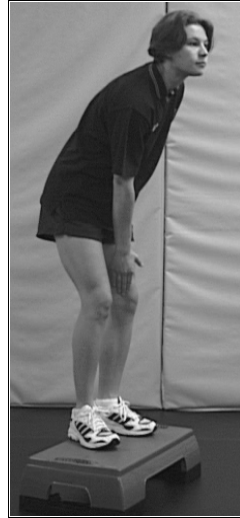
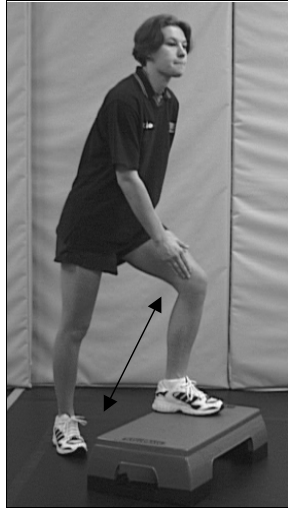
- 8) Standing with the affected leg stepped forward. Place the opposite hand on the inner side of the knee. As you transfer your body weight forward and backward, meet the resistance offered by your hand. Aim to direct the centre of the kneecap over the second toe as you perform the lunge.

REPEAT 10X

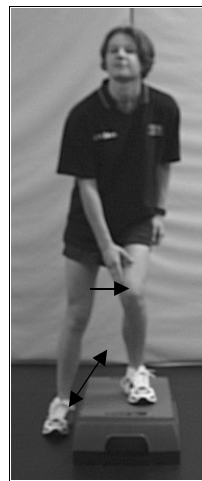
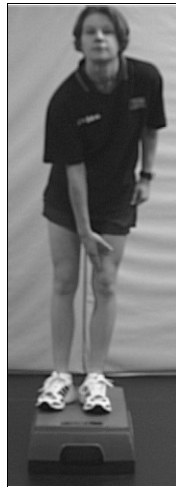


- 9) Facing a step/stair, step up with the ___ leg and down with the ___ leg. Meet the resistance offered by the ___ hand as you do so.

REPEAT 10X



10)As above, but 'side on' to the step/ stair.
REPEAT 10X



11)As above, but facing away from the step/ stair.
REPEAT 10X

