



Physiotherapy Department

Personal Exercise Programme

Knee OA, Early
Date : 16/03/2001

Lying on your back.

Bend and straighten your leg.

Repeat ___ times.



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Lying on your back with legs straight.

Bend your ankles and push your knees down firmly against the bed. Hold 5 secs. - relax.

Repeat ___ times.



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Lying on your back.

Bend your leg and bring your knee towards your chest.

Repeat ___ times.



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Sitting on a chair, with the leg to be exercised supported on a chair as shown.

Let your leg straighten in this position. Hold ___ secs.

Repeat ___ times.



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Sit on a chair with a cushion under your knee and a ___ kg weight around your ankle.

Pull your toes up, tighten the front of your thigh muscle and straighten your knee slowly. Hold approx. 5 secs.

Repeat ___ times.



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Sit on a chair with your feet on the floor.

Bend your knee as much as possible.

Repeat ___ times.



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