



Physiotherapy Department

Personal Exercise Programme

Knee, Quads Strengthening FWB

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Sitting on a chair or on a table. Hold on to the chair.
Straighten your knees and make small "scissor movements" with your legs.

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Standing with support available.
Squeeze a foam wedge/towel between your knees.
Continuously squeeze while gently bending your knees to ____ degrees. Return to standing. Relax squeeze.

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Stand sideways on a step with one foot hanging over the edge of the step.
Slowly bend your knee allowing your other foot to brush the floor.

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Stand in front of a 20 - 40 cm step.
Step up ____ times with one leg leading and then repeat with the other leg leading.

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Stand with your feet wide apart, toes pointing outwards and knees bent (knees and toes in line).
Straighten your legs. Keep your back straight and bottom tucked in.

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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)

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Stand straight with feet apart and pointing forwards.
Slowly bend your knees and then return to starting position.

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Stand with a support under both your heels. Crouch as far down as possible keeping your back straight and without lifting your heels.
Jump up as high as you can reaching up with both hands.

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