

Exercise plan:  
**New onset of knee pain-**  
**MODERATE**

Patient:  
**CHCP WEBSITE EXERCISES**

Date:  
**28th Jul 2023**

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.



### Sitting Leg Straightener

- 1) Sit on a chair
- 2) place a rolled up towel under the thigh (near the knee).
- 3) Straighten your leg out forwards, hold it briefly
- 4) Steadily lower the foot back to the floor.

If this is too easy, try adding an ankle weight or a wearing a heavy shoe/boot.

**Repetitions: 20 | Days per week: 5 to 7**

Video: <http://youtu.be/EfYV4ztjsQI>



### Straight Leg Raise Single Leg Low

- 1) Lie on the floor or bed. It is ok if you're slightly sitting up if you prefer. (reclined).
- 2) Bend one knee with your foot resting on the floor or bed.
- 3) Tense the muscles in the straight leg, then slowly lift the straight leg about 1 foot off the floor/bed.
- 4) Hold briefly, and slowly return to the start position. Don't let the knee bend.

Repeat as required. This will strengthen the hip and thigh muscles.

**Repetitions: 12- 20 | Rest: 30 second rest half way if needed | Days per week: 5 to 7**

Video: <https://youtu.be/kYeiyBZ4d1g>

## Sit-Down Chair Squat



- 1) Stand up, and position yourself in front of a chair or stool.
- 2) Bend your knees to go into a squat position, and touch your bottom on the chair.
- 3) Then, push up back into the standing position.
- 4) Throughout the exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards.

If this is difficult, use a taller surface (a higher chair or bed edge, even a sturdy desk could do).

**Repetitions: 20 | Rest: 30 second rest half way if needed | Days per week: 5 to 7**

Video: <https://youtu.be/Z20XNb0VdEk>

## Single Leg Balance Standing Unsupported



- 1) Stand on one leg, and try to keep your balance.
- 2) Be careful and lightly hold on to a wall or table for support when you first start this exercise, but as you feel more confident you can reduce contact and support from the wall or table. If it is very easy, stand on a folded up towel.

AIM: 10 Seconds to 1 minute. Depending on how good your balance is. (Recommend seeing how long you can balance on the non-injured leg. That makes a good goal).

A single leg balance exercise such as this is an enormously valuable exercise, and its benefits including strengthening the muscles and ligaments around the ankles and knees, and improving balance.

**Repetitions: 6 | Days per week: 5 to 7**

Video: <https://youtu.be/uoYeEli82f8>