

Exercise plan:
PFJ exercises - EASY

Patient:
CHCP WEBSITE EXERCISES

Date:
15th Jan 2024

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.

Knee Flexion Supine



- 1) Lie on the floor or on your bed
- 2) Slide your heel towards your bottom. Go as far as feels comfortable, and then return to the start position (with the leg straight).

This is a good way to improve mobility to a stiff knee joint.

Sets: 3 | Repetitions: 15 to 20 | Days per week: 4 to 7

Video: <http://youtu.be/skOauZ54MLU>



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Sitting Leg Straightener

KNEE EXERCISES:

- 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.

Sets: 3 | Repetitions: 15 to 20 | Days per week: 4 to 7

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



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Sit to Stand - No Hands

If this is difficult or painful, try from a taller surface (for example, a tall chair, a tall bed edge, even a sturdy desk could be used)



- 1) If needed, shuffle to the chair edge. Now, position your feet hip width, and the knees too (by opening the legs from the hips).
- 2) Lean forwards, and push through your legs to standing. Try not to let your knees bow inwards as you stand.
- 3) Sit back down, controlled and steady. Reaching back for the chair with your bottom. Again try not to let your knees bow inwards.

This exercise will strengthen your legs and core. It is good for back pain, hip pain and knee pain, as well as for general fitness because it uses a lot of muscles.

Sets: 3 | Repetitions: 15 to 20 | Days per week: 4 to 7

Video: https://youtu.be/2rVOvOU_vmE