

These exercises are for guidance only, and designed to be used in conjunction with your osteopathic treatment. If this information conflicts with what you have been told, you don't feel safe doing it, or it causes pain, then avoid the action and contact a healthcare professional. You will not need to do all of these, often 2-3 exercises from the above is enough to help with knee issues.

Knee Flexion Passive Sitting

Sit on a chair with upright posture. Use your good leg to bend your affected leg backwards, creating flexion to your knee. This is a passive mobilisation exercise for the knee.

Sets: 3 | Repetitions: 4-6

Video: <https://youtu.be/C0z9db2gdG8>



Isometric Knee Extension

Sit down with upright posture. Place your non-affected leg above your affected leg. Resist pushing up into your good leg. This is an isometric strengthening exercise for the leg, knee and quadricep muscle group.

Sets: 3 | Repetitions: 4-6

Video: <https://youtu.be/awwy4y3ZNjc>

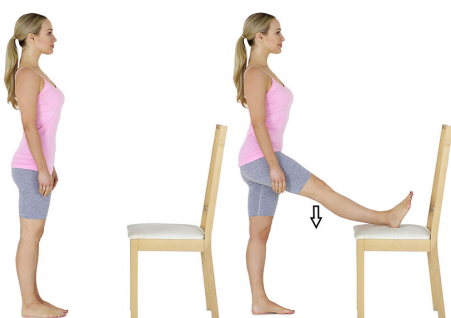


Hamstring Stretch

Standing up, place your foot on a chair. Keep your leg straight. You should feel a stretch behind your knee and into the back of your thigh. To make the stretch stronger, push your leg downwards into the chair, or rest your foot on something higher. This exercise will stretch your hamstring muscle group.

Repetitions: 2-3 | Days per week: 3

Video: <https://youtu.be/ZHxLNi4yqvc>





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Inner Range Quadriceps Lying

Lie flat on your back, and place a rolled up towel under your knee. Tighten your thigh (Quadriceps) muscle and lift your heel. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor (only your foot lifts off the floor). Slowly return to the start position.

Sets: 3 | Repetitions: 4-6

Video: <http://youtu.be/jpbu0gPil6Q>



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Clam with Band

Lie on your side, with both knees bent, and place an exercise band around your thighs just above your knees. Keeping your feet together, squeeze your deep abdominal muscles by drawing the belly button inwards. Open your knees, like a clam, hold, and return to the start position. If you find the exercise too tough, go back to the clam without resistance, or lengthen the exercise band. This is a good strengthening exercise for your gluteal (buttock) and outer thigh and hip muscles.

Sets: 3 | Repetitions: 4-6

Video: https://youtu.be/4T2P_-MV9g0



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Hip Abduction Gluteus Medius Side-Lying

Lie on your side on a bed or floor, and lift your leg upwards. You can hold this position, or move your leg up and down. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.

Sets: 3 | Repetitions: 4-6

Video: <https://youtu.be/feF5DQMIVE>

Hamstring Curl with Band

Tie an exercise band around your ankle, and attach the other end to a fixed object (e.g. under a weight, or around the leg of a table). Lie face down. Bend your knee creating a resistance in the band. This is a strengthening exercise for the hamstring muscle group (located at the back of the thigh). The band should be easy enough to allow around 12 repetitions.



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Sets: 3 | Repetitions: 10-12

Video: <http://youtu.be/Szqs9oL6QVU>