

Knee Exercise Chart

All exercises to be repeated 3 times daily

Exercise 1

Brace your knee downwards and pull your foot towards you.

Hold for seconds, then relax.

Repeat times.



Exercise 2

Pull your heel towards your hip, then push it out again.

Repeat times.

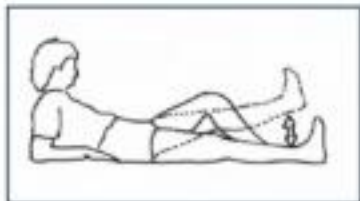


Exercise 3

Raise your leg off the ground, making sure that your other leg is bent during the exercise.

Hold for seconds, then relax.

Repeat times.



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