

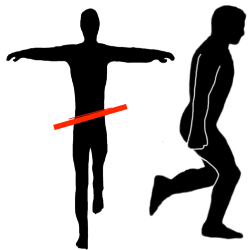
General Knee Strength

Before commencing any exercise on this sheet please ensure they are suitable for you to perform. This is to avoid injury or aggravation of any pain complaint you may already have.

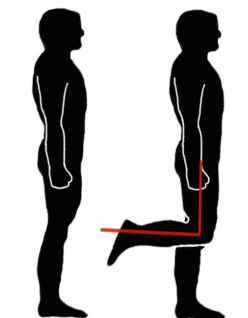
To check the suitability of the exercises contact us at SSI.

Please be advised correct technique is essential when performing the exercises and incorrect form may lead to injury. To arrange an appointment to check your technique when performing the exercises please contact us at SSI.

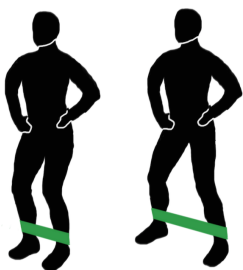
Please be advised that you undertake any exercise on this sheet at your own risk. All exercises should be performed completely pain free at all times.



- 1) - Standing on one leg with the knee slightly bent, lift the other leg off the floor.
 - Check that the hip of the other leg is slightly higher than the hip of the leg you're standing on.
 - Engage a light squeeze of the abdomen by drawing the belly button in to the spine. Hold this squeeze for the duration of the exercise.
 - Bend the knee of the supporting leg as far as is pain free to a maximum of 45°. Make sure you maintain hip control – do not allow the opposite hip to dip.
 - Hold this position Maintaining control at all times. If needed return the other leg to the floor to regain balance.
 - Ensure the knee is always in line with the 2nd and 3rd toe of the foot. Do not allow any twisting action to occur.
 - You can increase the difficulty by moving your arms or closing you eyes.
 - Hold this position for 3 x 45-60 seconds. (Repeat on the other side)



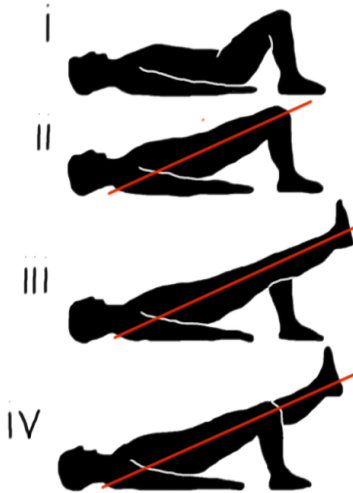
- 2) - Standing tall ensure the supporting leg keeps a 'soft knee' - avoiding locking the knee out.
 - Bend the knee of the target leg to 90° or as close to 90° as possible without pain. Hold the knee at this position not allowing the angle to change during the hold.
 - Maintain a squeeze through your core to help keep a stable torso.
 - Keep the hip of the bent knee slightly higher than the hip of the leg you're standing on (as with exercise [1]).
 - To make the exercise harder bend the knee more, drawing the heel to your bum and hold this smaller angle.
 - Hold the position for 3 x 45-60 seconds. (Repeat on the other side)



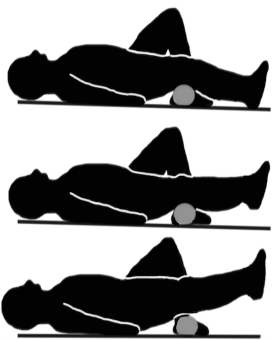
- 3) - Start with your feet hip width apart, toes facing forwards (12 o'clock) and band around the ankles.
 - Step to the side into a wide stance then slowly step the other leg across to a hip width distance again. This counts as 1 rep.
 - Make sure you step at a slow steady pace keeping an upright torso at all times.
 - Perform 10 steps in one direction then 10 in the other and repeat.
 - Complete a total of 3-4 x 40 steps.

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- 4) - Start on your back with the knees bent to 90°, ensuring the knees are in line with hips and ankles in line with knees.
- Keep the low back flat by pulling the belly button into the spine and producing a squeeze through the core (i).
 - Maintaining the squeeze through the core slowly lift the hips high (ii).
 - For level 1 pause here for a brief second then slowly return. This is one rep.
 - For level 2 achieve position ii then slowly straighten one knee, aligning the ankle, knee and hip (iii), pause for a brief second then return to ii and repeat with the other leg (iv). Ensure the core is squeezing at all times and the back remains flat. On completing iv slowly return the leg and return to position i. This counts as 2 reps.
 - For level 3 repeat the steps for level 2. This time on completing position iv return to position ii (not position i) and repeat steps ii, iii, iv and so on.
 - All of the levels can be made harder or easier depending on where the feet are placed. If closer to the hips / body it becomes easier. If further away it becomes harder. This allows you to adjust the difficulty of each level.
 - Complete 3 x 12-16 reps



- 5) - Lie on your back with the target leg out straight on the floor and the other knee bent with the foot on the floor. Place a rolled up towel under the knee of the target leg.
- Maintain a tight squeeze through your core before you move the target leg.
 - Keeping the core 'tight' lock out the knee of the target leg by slowly lifting the heel from the floor whilst keeping the knee pushed into the towel.
 - Once you have fully locked the knee, without allowing any bend in the knee to occur, lift the leg from the towel by 1 or 2 inches. Hold this position for 4-6 seconds. This is 1 rep.
 - If you have pain when locking the knee (before lifting it from the towel) then perform the exercise with the maximum pain free position and do not lift the knee away from the towel.
 - Complete 4 x 12-15 reps.



- 6) - Stand with the target leg on the step.
- Engage core to aid with balance and control.
 - Make sure you perform the lift with all your weight on the target leg. Do not allow your other leg to assist in the movement.
 - Steadily straighten the front leg, lifting the back leg clear of the floor. Ensure you fully straighten the front leg and keep complete control of the exercise. Do not allow the knee to fully lock. Pause at the top of the movement
 - SLOWLY lower back to the start position, taking 3-4 seconds. Try not to allow your body weight to go onto your back leg as the toes reach the floor. This is 1 rep.
 - Ensure the knee remains in line with the ankle and hip to avoid any knee rotation.
 - Complete 3 x 12 reps