

Simple Knee Exercises – A starting point.

Please see one of our highly skilled physiotherapists for an individual assessment and tailored exercise plan.

Straight Leg Raise



Lie on your back with one knee bent and the affected leg completely straight.
Lift your leg to 45 degrees keeping it straight.
Lower the leg to starting position and repeat.

Static Quad Contractions



Sit with your leg extended.
Tighten the quadriceps muscle on the front of the knee by trying to push the knee downward.
Hold for 5 seconds. Relax. Repeat.

Small Step Ups



Step up on a step placed in front of you with the weak leg and follow with the good leg.
Step down behind the step with the weak leg first then follow with the good leg.
Keep the knee over the foot and the kneecap behind the toes.

Small Range Squats



Stand with your back against a wall with your feet shoulder width in front of you.
Slide down the wall until your knees are about 45° flexed.
Slide back up to return to the starting position then repeat.

Calf Stretch

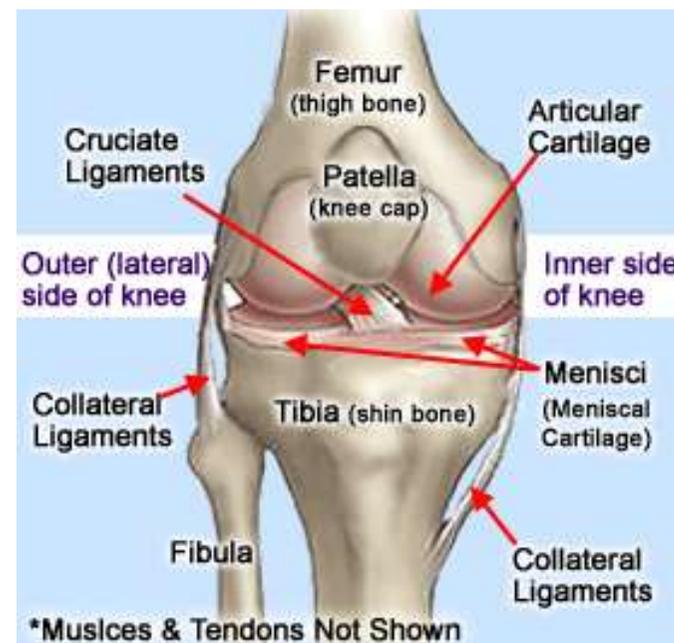


Stand and place one foot against the wall.
Place the other leg behind with your heel on the ground, foot parallel to the front one and knee straight.
Keep the torso upright and push the hips forward to feel a stretch in the calf.



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Knee Pain



Common Knee Conditions and How Physiotherapy Can Help

Information compiled by Bryan Clements, Chartered Physiotherapist

Knee pain affects most people at some point in their lives.

It is usually associated with common activities of daily living such as walking, stair climbing, rising from sitting, and squatting. While the pain may be considerable and may limit your lifestyle, there are many things that can be done to alleviate knee pain.

This leaflet will provide some information about the common causes of knee pain. It will outline some treatment options – specifically physiotherapy, exercise and self help advice.

Functional Anatomy

The knee contains two joints; the tibiofemoral joint with its associated collateral ligaments, cruciate ligaments and menisci, and the patellofemoral joint (knee cap).

Common Causes of Knee Pain

The most common cause of knee pain in younger adults is patellofemoral pain syndrome. In older adults the most common cause of knee pain is osteoarthritis. Injury can cause damage to the tissues inside and around the knee joint.

Patellofemoral Pain Syndrome

Pain originating from the back of the knee cap.

Patellofemoral pain syndrome is the most common cause of pain in adolescents and young adults.

Many factors, including muscle strength, flexibility and co-ordination and biomechanics are thought to contribute to patellofemoral pain syndrome.

The condition responds well to physiotherapy to address the muscle control and flexibility issues, and a podiatric assessment can be of great value to improve the overall alignment and function of the lower limb.

Osteoarthritis

Osteoarthritis affects approximately 1 in 4 adults.

Osteoarthritis occurs when the bone and the cartilage that make up the knee joint become damaged.

In most cases the cause of the damage is unknown. In some cases it can result from previous injury, being overweight or from family history.

Osteoarthritis in the knee responds well to physiotherapy intervention. Treatment is directed at strengthening the surrounding knee muscles, improving the general mobility of the knee joints, improving flexibility of the muscles around the knee and low-level, low-impact exercise e.g. cycling, walking, hydrotherapy.

Your Doctor and Pharmacist can give advice regarding the best medication to help manage your pain.

Clinics in Dorking, Cranleigh and Horsham