

Knee exercises for injury or pain

Department of Physiotherapy

Information for Patients

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Introduction

You may have had a recent soft tissue injury to your knee. This could be whilst playing sport, doing exercise or if you have had a fall. It is normal to have pain, swelling and decreased movement in your knee lasting for a few weeks after such an injury.

The exercises and advice in this leaflet will help you to recover the movement in your knee, reduce swelling and ease the pain.

If you are unable to put any weight through your injured knee, or if it 'locks' (unable to straighten or bend your knee), or symptoms are not improving, ask your GP for advice or phone 111.

General advice

- do these exercises regularly, between 2 to 3 times a day.
- exercise should be tolerable. You can feel some discomfort for a short time, about 30 minutes for example, either during or after exercise, may be felt at first.
- try to walk and exercise. Do this gently over the next few weeks, starting with 'little and often'.
- if you walk or exercise too much after an injury, your body will react by swelling and pain. If this happens, do less activity and do not repeat the exercises, for a few days until these symptoms settle.
- An ice pack can help to reduce swelling in the first few days after a knee injury. Apply for up to 15 minutes 3 to 4 times daily.
- Raising your feet up (elevation) can also reduce swelling. Get your leg higher than your heart for 20 minutes 3 to 4 times daily.
- Take pain relief as needed. Speak to your pharmacist for advice.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Exercises:

Exercise is good for taking care of pain and in helping you return to your normal activities. Repeat the exercises below 2 to 3 times daily to start.



Exercise 1

Lie on your back on your bed or on the floor. Slide heel up and down, bending and straightening your knee.

Hold for 5 seconds. Repeat up to 10 times.



Exercise 2

Lie on your back on your bed or on the floor. Put a rolled up towel under your affected knee.

Push the back of your knee into the towel to straighten your knee.

Pull your foot up. Lift your straight leg 1cm off the towel.



Exercise 3A

Sit on a chair and straighten your knee. Tighten the muscles on the front of your thigh and pull your foot up.



Exercise 3B

Then bend your knee and slide your foot backwards behind you.

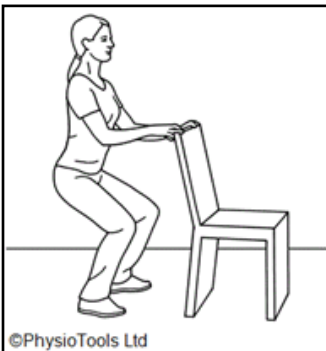
Hold for 5 seconds. Repeat up to 10 times.



Exercise 4

Sit on a chair. Stand up from the chair without using your hands and keeping your arms crossed.

Hold for 5 seconds. Repeat up to 10 times.



Exercise 5

Stand behind a chair and support yourself with both hands.

Slowly bend your hips and knees, trying to push your bottom back. Your knees should be above your toes. Do not let your knees turn in or out during the movement. You can make this exercise harder by not using a chair for support

Hold for 5 seconds. Repeat up to 10 times.



Exercise 6A

Stand. Hold onto a support with 1 hand. Grasp your ankle with the other hand. Pull the ankle towards your bottom. Make sure your hip is straight at the front and do not arch your back.

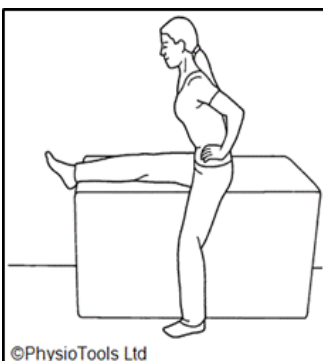
Hold for 30 seconds. Repeat 3 to 5 times.



Exercise 6B

If you cannot reach your ankle, put a towel around your ankle, pull your ankle towards your bottom. Make sure your hip is straight at the front and do not arch your back.

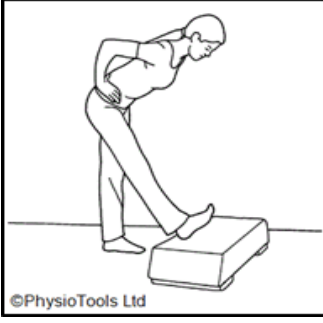
Hold 30 seconds. Repeat 3 to 5 times.



Exercise 7

Place your leg along a couch, with your hands on your hips and other foot resting on the ground. Keeping your back straight, bend forward from your hips and feel the stretch in the muscle at the back of your thigh.

Hold for 5 seconds. Repeat 3 to 5 times.



Exercise 8

Place your heel on a step, pull your foot up and straighten your knee. Lean forward from your hips, keeping your back straight.

Feel the stretch in the muscle in the back of your thigh.

Hold for 30 seconds. Repeat 3 to 5 times.



Exercise 9

Stand in a walking position with the leg straight behind you and the other leg bent in front of you. Take support from a wall or chair. Lean your body forwards until you feel the stretch in the calf of the back leg.

Hold for 30 seconds. Repeat 3 to 5 times.

Contact details

Physiotherapy Departments

Glenfield Hospital:	0116 258 3595
Leicester General Hospital:	0116 258 4070
Leicester Royal Infirmary:	0116 258 5816

RA 15.4 to 14.2

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk