

Knee Exercises

Exercise 1



Bend your knee as far as you're able, then straighten until you feel the bed behind your knee.

Exercise 2



Roll a towel up and place under your knee. Straighten feeling muscles on the front of your thigh tense.

Exercise 3



Keeping your leg straight, lift 20 – 30 cm off the bed.

Exercise 4



Sitting on a chair. Straighten your knee and slowly lower back down.

Exercise 5



When you are able, begin small squats in standing, progress these by bending lower as you are able.