

Repeat each exercise 3 times per day.

## Static quads

Lie on your back. Straighten one leg. Pull your toes towards you and push your knee into the floor/bed. Hold for 5-10 seconds. Repeat 10 times.



## Straight leg raise

Lie on your back. Straighten one leg. Pull your toes towards you and lift the leg a few inches from the floor. Hold for 5-10 seconds. Repeat 10 times.



## Inner range quads

Place a rolled up towel underneath your knee. Pull your toes towards you and push your knee into towel. Your heel should lift off the floor. Hold for 5-10 seconds. Repeat 10 times.



## Hamstring stretch

Use your bed or the sofa. Sit with the leg you wish to stretch out straight in front of you and the other leg resting on the floor. Keeping the leg straight lean forwards until you feel a stretch at the back of the thigh. Hold for 30-60 seconds.



## Quadriceps stretch

Whilst standing, bend one knee to take your heel to your bottom. Hold your foot with your hand or a scarf if you cannot reach. Your knees should stay together. Be careful not to arch your back. Hold for 30 - 60 seconds.





## Heel slides

Begin with a straight leg, lying on your back. Bring your foot up towards your bottom by bending your knee. Use a scarf or towel to assist you if you cannot reach with your hands. Repeat 10 times.

## Knee extension

1) Sit with your affected leg out in front of you. Push down on your thigh to try to straighten the knee. Repeat 10 times.

OR

2) Rest your foot on a stool or chair. Allow your knee to drop down into a straightened position. It may be helpful to add weights by putting a bag weighted down with a few tins on each side of the knee. Use a towel to protect the skin. Alternatively you could prop your heel on a cushion to encourage the knee to drop down. Hold the position for at least 5 minutes.



## Side-lying abduction

Lie on your side with the bottom leg bent for stability. Keeping the top leg straight, lift it up towards the ceiling and back down again. Repeat 10 times.

## Heel digs

Sitting on a chair, dig one heel at a time into the ground maintaining a bent knee. Hold for 5-10 seconds. Repeat 10 times.

