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**Basic Knee Exercises**

* Try to stand and walk as normally as possible. Your physiotherapist can help you to use any walking aid correctly, if required.
* If lying down on your back, try not to place a towel under the knee as this can lead to some muscles becoming tight.
* Avoid wearing a support all the time. If required, it should be used for periods of higher activity, such as sport.
* If swelling persists, wrap a bag of frozen peas in a wet towel and put it on your knee for 15 – 20 minutes. Repeat up to 3 – 4 times per day.

Complete the following exercises 10 times and repeat 3 times each day. Stop any exercises that feel unsuitable and do not push through pain.

**Exercise 1**

1. Straighten your involved leg as much as possible, tightening the muscles on top of your thigh.
2. Hold for ten seconds, and then relax.

Repeat 10 times.



**Exercise 2**

1. Place a rolled towel under one leg to bend it about six inches.
2. Raise the lower part of your leg until your knee is straight.
3. Hold for about ten seconds, and then relax.

Repeat 10 times.



**Exercise 3**

1. Straighten the involved leg as much as possible, tightening the muscles on top of the thigh.
2. Raise your heel off the surface approximately four inches.
3. Hold for ten seconds, then slowly return to the starting position and relax.

Repeat 10 times.



**Exercise 4**

1. Lie on your back with your legs out straight.
2. Keep your kneecap pointed toward the ceiling throughout the exercise.
3. Slowly slide your foot back toward your buttocks, bending your knee and hip.
4. Slower lower the leg to the starting position.

Repeat 10 times.

