Exercises for the patient with anterior knee pain Week 1

Increasing mobility: Foam Roller



Points to remember

- Keep feet lifted
- Turn your tummy to the floor
- Start the roller just above the knee
- Roll slowly over tender areas





Points to remember

- Relax your feet
- Hands by your bottom and lift your bottom slightly
- If it is too difficult with your feet on top of one another, place one foot on the floor



Points to remember

- Elbows down , tummy up
- Roll slowly over tender areas

compassionate care

Increasing Gluteal Strength : “The Burner”
1 minute of each exercise = 3 minutes work each leg.



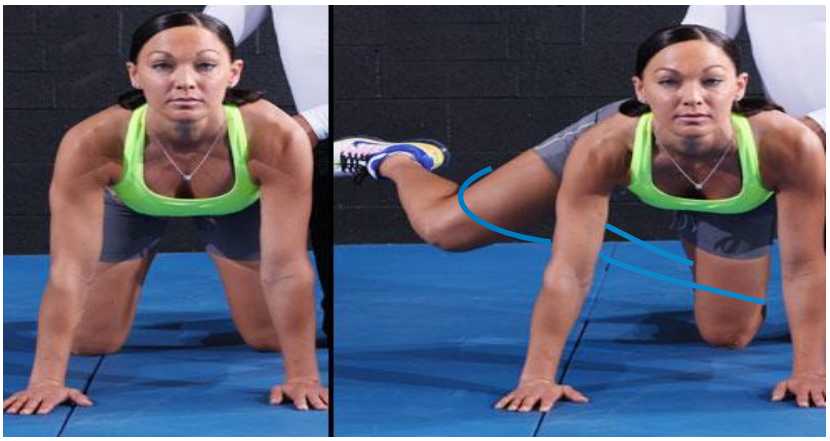
Side Lying hip abduction: Points to remember:

- Relax foot
- Push top leg long by fixing the pelvis with the hand
- Keep leg in line with bottom
- Only lift to hip height.
- Hold 1 minute



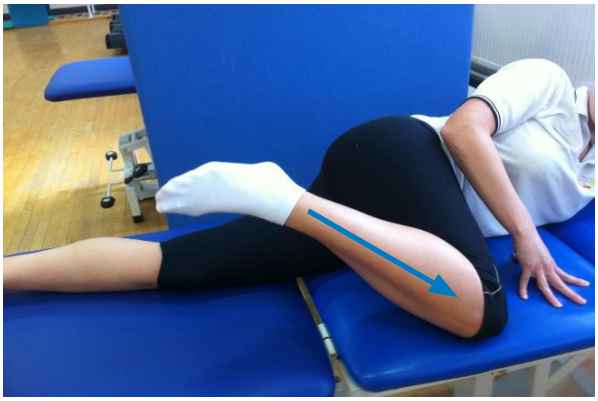
Clam: Points to remember:

- Relax feet
- Put hand behind buttock to stop you rolling backwards if you need
- Keep feet in line with bottom
- Don’t roll backwards
- Don’t arch your back
- Hold 1 minute



Fire Hydrant

- Pull leg out to side
- Push leg backwards
- Keep back flat
- Hold 1 min





Points to remember: drop knee across body, push leg back straight

- Relax foot
- Keep foot high
- Squeeze the buttocks to push the foot back

Strength exercises for the gluteals : “Getting back to function”



Stand on one leg and balance

Hips level

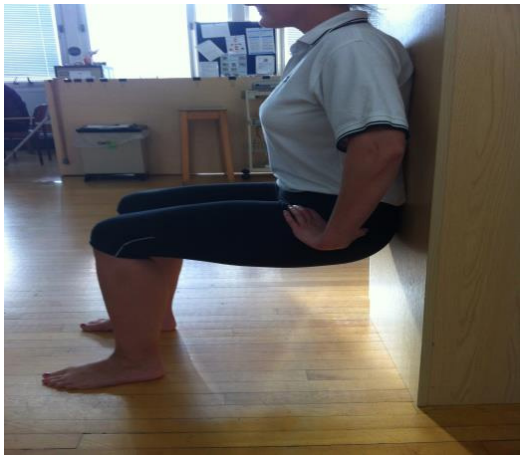
Exercise: (NO REST BETWEEN EACH EXERCISE)

a) hip drops x10 (hold on to the back of a chair or wall)

b) knee up to chest, down, leg out to side repeat x10 NO HOLDING ON

c) leg raises out to the side pulse x10 NO HOLDING ON

Strength exercises for the quadriceps



OR



Complete the exercise that is most comfortable on the knees

Knees and feet in line with hips **OR** Knees slightly wider, toes at 10 to 2

Slide down the wall, hold 5 seconds Repeat x 10

Put band around knees if required

Free Squat





Points to remember

- Feet hip width apart
- Toes facing forwards
- Take weight through heels
- Push bottom out behind
- Use a chair if required
- Put band around knees if required

3 sets of 10 repetitions

Step Ups



Points to remember

- Keep back leg straight
- Don’t jump off back leg
- Come up to one leg balance
- Slowly down

2 sets of 10 repetitions each leg

Stretches to finish

Gluteal Stretch



- Lie back on the bed and draw your knee across your chest
- Draw your knee across the midline slightly
- Pull your ankle across the midline
- Hold for 20-30 seconds. 3-5 repetitions

Quadriceps Stretch



- Lay on your tummy
- Pull heel to bottom
- Keep knees in line
- Hold 20- 30 seconds 3-5 repetitions

Hip Flexor Stretch



- Kneel if able on a soft surface or put a towel under the knee.
- Tuck tail bone underneath
- Push hips forward
- If able stretch arm up to the ceiling and over to the opposite side
- Hold 20 seconds 3-5 repetitions each side

Calf Length “Strengthen to lengthen”



- Stand on the edge of a step
- Push upon to toes, hold 5 seconds
- Lower the heel to the floor slowly over the count of 8
- Hold at the bottom for 10 seconds
- Repeat- push up, hold, lower, hold
- Repeat to fatigue of the calf

Think that you may forget your exercises?

Then go to our website for our video

http://www.cht.nhs.uk/services/clinical-services/physiotherapyoutpatients/patients-suffering-from-anterior-knee-pain/

or Google - Physiotherapy out patients CHFT

In the patient / care information tab, click on the knee on the body map, and then go to patients suffering from anterior knee pain.

Web Address:

http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/

QR Code:

Scan the QR code below to take you to our website.

If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Department
Huddersfield Royal Infirmary

Telephone: 01484 342434

MSK Physiotherapy Admin Office: 01484 905380

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਬਿਸੇ ਕੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਬਿਜਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"