

Exercises for the patient with anterior knee pain Week 2

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

Increasing Gluteal Strength : “The Burner”

1 minute of each exercise = 3 minutes work each leg



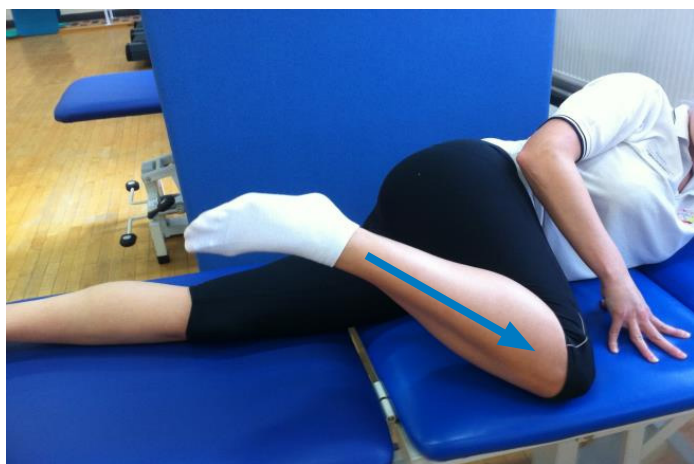
Points to remember:

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



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
- Lift leg up and lower



Points to remember:

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



Strength exercises for the gluteals :

Single leg bridging



Level one foot on knee
Level two leg in table top
Points to remember:

- Pull tummy down, squeeze buttocks and rock pelvis back to start
- Lift the bottom by using your gluteals
- Roll back down

Repeat 3x 10 repetitions

Monster Walks - Put band around thighs to begin with



- Bend knees and lean forward from the hips
- Keep shoulders level
- Step out to the side 10 x and then back again

Repeat 5x

Modified single leg dead lift



Points to remember

- Stand on one leg, keep your back straight throughout the exercise.
- Bend your trunk forwards from the hip.
- On the return back up squeeze your gluts and bring the trunk upright.

8 repetitions 2x each leg

Single knee Bend



- Stand on one leg
Hips level, knee pointing forward
- Bend at the knee keeping good alignment of knee over toes.

PROGRESS....

...Bend knee with dumb bell in both hands

- Reach forward and touch the weight on the floor

Return to stand repeat x8

Free Squat- weighted (Goblet squat)



Points to remember

- Feet hip width apart
- Toes facing forwards
- Take weight through heels
- Push bottom out behind
- Use a weight

3 sets of 10 repetitions



Points to remember

- Keep shoulder in line with your back knee
- Front knee is in line with hip and stays over mid foot
- Don't push forwards. Repeat x 8 each leg x2
- Hold on to a chair if required.

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

Stretches to finish Gluteal Stretch



- Lie back on the bed and draw your knee to 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 reps each side

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 :

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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.

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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المذكور أعلاه"