

Recommended by Daniel Turley, Physiotherapist M.C.S.P. S.R.P. Bsc Hons

FOR

These exercises will help the muscles around the knee and will help in the prevention and easing of knee pain.

They may be done stand alone, as part of your warm-up before a run or as a cool-down routine.

They should be done **EVERY DAY and time taken will improve with practice.**

Typically, you should start to see some benefits after two weeks.

ALL EXERCISES ARE TO BE PERFORMED SLOWLY, SMOOTHLY AND IN A CONTROLLED MANNER.

ALL EXERCISES ARE TO BE PERFORMED WHILE MAINTAINING A NEUTRAL PELVIS AND WITH ABDOMINAL BRACING.

WHEN APPLICABLE, ALL SINGLE-LEG EXERCISES ARE TO BE PERFORMED WITH BOTH THE RIGHT AND THE LEFT LEGS.

IF ANYTHING MORE THAN MINIMAL DISCOMFORT IS EXPERIENCED DURING AN EXERCISE, WHICH DOESN'T SETTLE WITH REST, STEP BACK TO A PREVIOUS EXERCISE WHICH GIVES NO MORE THAN MINIMAL DISCOMFORT

IF YOU EXPERIENCE PERSISTENT PAIN SEEK MEDICAL ADVICE

Knee bends – 3 sets of 10 repetitions with 30 seconds break between each.



Stand a foot away from a wall with your knees hip-width apart and your feet pointing slightly outwards. Slide your back down the wall by slowly bending your knees. Let the knees point in the same direction as your toes. As you come up, focus on tensing the teardrop muscle and your buttocks.

Tip: place a Swiss ball between your back and the wall for smooth movement

Thigh contraction – three sets of 15 seconds with each leg



Sit up straight on a chair. Slowly straighten and raise your right leg until straight with your foot pointing upwards. Squeeze your right thigh muscles and hold this position for 10 seconds. For the exercise to be effective, you should keep tensing the teardrop muscle. Repeat with the other leg.

Tip: for more of a challenge, perform with an ankle weight

Straight leg raises – 3 sets of 10 reps with each leg

Sit up straight on a chair. Straighten and raise your right leg until straight. Move the leg up and down for 10 secs

Tip: for more of a challenge with your perform with an ankle weight

Hamstring stretch with thigh contraction – 3 sets of 15 seconds with each leg



Sit on the edge of a chair. Keep your left leg bent and straighten your right leg, placing the right heel on the ground with your foot pointing slightly outwards. Bend towards your right leg to stretch your hamstring while tensing your teardrop muscle at the same time.

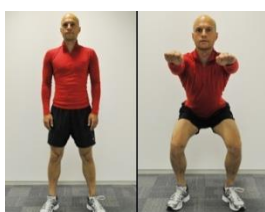
Tip: keep your back straight and bend from the hips – you can do the move looking straight ahead or looking straight down

ITB (iliotibial band) – 3 sets of 15 seconds with each leg



To stretch your right ITB, cross your right leg behind your left leg. Keeping both feet on the ground, lean to your left side and push your right hip outwards. Don't bend forwards or stick your buttocks out. You should feel the stretch along your outer right thigh and hip.

Squats – three sets of 10 reps, 30 second break between each.



Stand with your feet shoulder-width apart, feet pointing slightly outwards and your hands down by your sides or stretched out in front for extra balance. Lower yourself by bending your knees to no more than a right angle. Keep your back straight and don't let your knees go past your toes.

Single leg squat – 3 sets of 5 reps with each leg, 30 second break between each.



Stand with both feet pointing forwards, hip-width apart. Lift your left foot off the ground and balance on your right foot. Now bend your right leg and slowly lower yourself, making sure your knee doesn't go past your foot or lean inwards. Push back up slowly to your starting position.

Tip: if you can perform these with good form, you can progress on to the wide stance single leg squat

Lunges – three sets of 5 reps with each leg, 30 second break between each.



Stand in a split stance with your right leg forward and left leg back. Slowly bend the knees, lowering into a lunge until the right leg is nearly at a right angle. Keeping the weight on your heels, push back up to the starting position. Keep your back straight and don't let your knees extend over your toes .

Tip Try also when walking