

**Notes:** It is important to regain early movement after your injury, and activate the thigh muscle on the front of your leg.  
 Walking to excess in the early phase of recovery may slow your recovery and make your knee more painful. Ice packs on your knee will help to settle the swelling. Apply for 10-15 minutes with oil on your skin to stop you getting an ice burn.

Focus on exercises 7, 8 and 9 to help regain the muscle control in your thigh and hip muscles

Exercises 1-6 help increase the range of movement back towards normal range.

**1- Heel Prop**



Lie on your back with a towel under your ankle. Allow the weight of your leg to relax until you feel a stretch at the back of your leg.

hold this position for 30 seconds  
 repeat 4 times

or relax for full 2 minutes

**2- Side lying hip flexion** - Sets:2 / Repetition:10



Lie on your injured side with your leg on a bin liner to make it easier to bend, and your head supported on your forearm. Put the top arm in front for balance.

Move your affected knee up towards your face by sliding it on the bed as far as possible using the muscle on the front of your hip, relax at the top for a few seconds. Return to the starting position.

**3- Assisted knee flex/ext** - Sets:2 / Repetition:10



Sit with your leg outstretched and your hands around your thigh. Assisting the movement with your hands, slide the heel on the surface toward you to put your foot flat on the surface. Slide the heel back to fully extend the knee.

**4- Active ROM Flexion** - Sets:2 / Repetition:10



In lying or sitting

Place your foot on a towel and bend your knee back as pain allows. Relax and repeat. If possible use other leg to push knee back as far as pain allows.

**5- Knee Flexion in Sitting**



Sit up straight in a chair  
 Bend your knee as far as you can by sliding your foot backwards. Cross your other leg over your ankle and use it to help bend your knee further.

To increase the stretch keep your feet still and move your bottom forwards on the chair.

Try to hold the stretch for a minimum of 30 seconds  
 Repeat 4 times

**6- Knee Flexion**



Lie on your back, place a belt or towel around your ankle and hold it firmly with your hands.  
 Bend your knee as far as you can and then pull on the belt or towel with your hands to increase the flexion.

Hold 30 seconds  
 Repeat 4 times.

**7- Static Quad**



Lay flat on your back.  
 Make your leg long and brace your thigh muscle on the front as tight as you can - keeping the back of your knee against the bed, sucking your kneecap towards you.  
 You may find it easier to do if you put a large rolled up towel behind your knee and by putting your leg out to the side

10 Reps 3-5 Sec Hold 3 x daily

**8- Inner Range Quads - Sets:2 / Repetition:10**



Lying down flat on the bed with a rolled up towel or pillow under your knee so that it rests in a bent position  
 Lift your foot off the bed whilst keeping your thigh on the towel or pillow;  
 Straighten your knee maximally but without pain

Hold for 2-3seconds. Lower the leg slowly to the starting position.  
 Repeat 10 times

**9- Static Glutes**



Tighten your buttocks as hard as you can without tightening the muscles in your legs on the inside or the back.

Hold for 5 seconds x 10 times  
 x 2 sets daily

**10- Calf stretch**



Stand and place one leg behind with your heel on the ground, foot parallel and knee straight. Don't let your foot turn outwards or inwards. If your foot falls flat, pad it out with a rolled up sock.

Bend your front knee forwards whilst keeping your back knee straight. You should feel a stretch on your back calf.

All stretches to be held for 30 seconds and repeated x 4.