

Comprehensive Guide to Physiotherapy Exercises

Knee and Leg Strengthening Exercises



(*Exercises recommended and approved
by Qualified Physiotherapist)

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Knee and Leg Strengthening Exercises

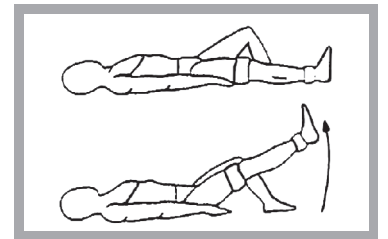
WALKING

- Begin with a slow, comfortable pace, ensuring minimal stress on the knees.
- Focus on maintaining proper posture, keeping the back straight, shoulders relaxed, and chin up.
- Pay attention to the alignment of your knees, ensuring they are not collapsing inward or outward excessively.
- Start with shorter durations, such as 10-15 minutes, and gradually increase the time as tolerated.
- If experiencing discomfort, consider walking on softer surfaces like grass or a track, and avoid uneven terrain or steep inclines.
- Use supportive footwear with adequate cushioning and arch support to reduce impact on the knees.
- Incorporate rest breaks as needed during longer walks to alleviate any knee discomfort.
- Aim for consistency rather than intensity, gradually increasing the duration and frequency of walks over time.
- Consult with a physiotherapist or healthcare professional for personalized recommendations and guidance.



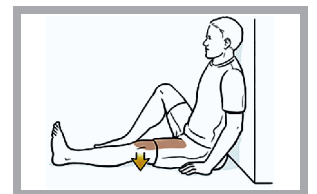
Straight Leg Raise:

- Lie on your back with one leg bent and the other straight.
- Lift the straight leg to the level of the bent knee, keeping the knee straight.
- Slowly lower the raised leg and repeat with the other leg
- Perform _____ sets of _____ repetitions _____ times/day
A) 2 sets of 10 reps B) 3 sets of 15 reps C) 4 sets of 12 reps



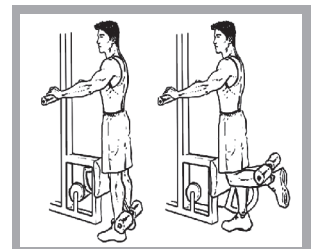
Quadriceps Sets:

- Sit with your leg straight and tighten the thigh muscles by pressing the back of your knee down.
- Hold for 5-10 seconds and then relax.
- Repeat for the other leg too
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 15 reps B) 4 sets of 10 reps C) 2 sets of 20 reps



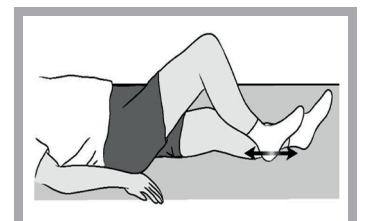
Hamstring Curls

- Stand with support and bend your knee, bringing your foot towards your buttocks.
- Hold for a few seconds, then slowly lower your foot back down.
- Repeat with the other leg
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 15 reps C) 2 sets of 10 reps



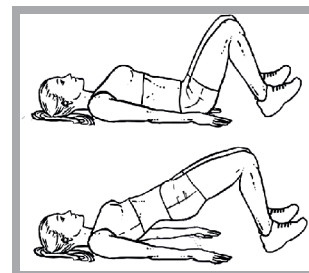
Heel Slides

- Lie on your back with your knees bent and feet flat on the floor.
- Slowly slide one heel along the floor, straightening your leg as much as possible.
- Hold for a few seconds, then return to the starting position.
- Repeat with the other leg
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



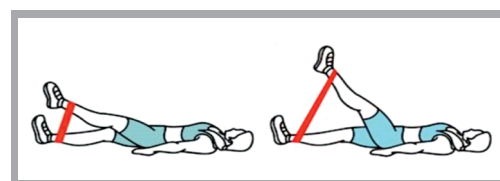
Pelvic Bridging:

- Lie on your back with your knees bent and feet flat on the floor.
- Lift your hips off the ground, creating a straight line from your knees to your shoulders.
- Hold for a few seconds, then lower your hips back down.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 15 reps B) 4 sets of 12 reps C) 2 sets of 20 reps



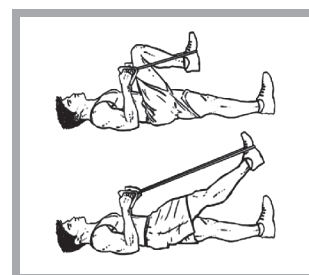
Straight Leg Raise with Loop:

- Lie on your back with a resistance loop around both ankles.
- Lift one leg straight up while keeping the other leg on the floor.
- Slowly lower the lifted leg back down and repeat with the other leg.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 15 reps C) 2 sets of 10 reps



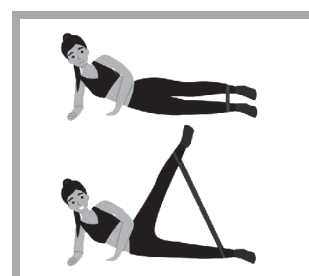
Leg upwards with Loop:

- Lie on your back with a resistance loop around both ankles.
- Lift the leg upwards against the loop's resistance.
- Lower the leg back down and repeat on the other side for a balanced workout.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 15 reps B) 4 sets of 12 reps C) 2 sets of 20 reps



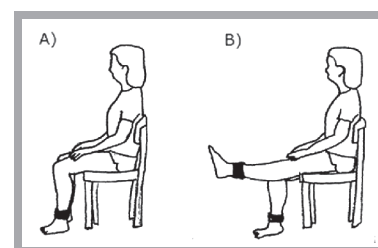
Side Lying Straight Leg Raise with Loop

- Lie on your side with the bottom leg bent for support and the top leg straight.
- Place a resistance loop around both ankles.
- Lift the top leg towards the ceiling while keeping it straight.
- Slowly lower the leg back down and repeat on the other side..
- Perform _____ sets of _____ repetitions _____ times/day
A) 2 sets of 10 reps B) 3 sets of 12 reps C) 4 sets of 8 reps



Open Chain with Loops:

- Sit on a chair with a resistance loop around both ankles.
- Lift one leg straight out in front of you, keeping the knee straight.
- Hold for a few seconds, then lower the leg back down.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



(Reps - Repetition)

