

Exercise programmes for patients

Anterior knee pain

This leaflet describes two exercises – leg raises and static quads - which are designed to strengthen your knee if you are suffering from a condition called patello-femoral pain syndrome.

Follow the advice shown below – but you will probably find it easier if you use this leaflet in conjunction with the accompanying video.

STRAIGHT LEG RAISE

Step 1

Lie down and gently press your knee down into the floor or bed – then turn your leg out



Step 2

Slowly raise your leg up- just off the bed or floor – and hold for five seconds before relaxing



Step 3

Repeat 15 times

STATIC QUADS

Step 1

Lie down with your legs straight and gently press the knee down into the floor or bed while tensing the muscles in the front on the thigh



Step 2

Hold that position for five seconds and repeat 15 times



Step 3

Patients can then progress that by also turning the leg out and slowly raising it just off the bed or floor



Go online to watch a physiotherapist take you through the exercises

► www.pulsetoday.co.uk/video/exercises

Remember if the pain persists or gets worse with exercise then stop and make an appointment to see your doctor