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Why exercise if it hurts?

When you have knee pain, exercising may be the last thing on your mind. But exercising could be the best thing you can do for your knees as long as it is the right kind of exercise.

High impact sports like basketball, squash, or football may do your painful knee more harm than good as they require sudden starts, stops, turns, as well as jumping/landing.

Try doing exercise in the water instead as the water's buoyancy will take the load off your knees, allowing you to exercise with less pain and stress on your joints. Other options are to try exercising on a stationary bike or a cross trainer as these allow you to get a good aerobic workout without stressing your knee joints.

Exercising regularly can help ease knee pain and improve joint function. Focus on strengthening the muscles around the knee as stronger muscles will help compensate for weak or injured tendons, ligaments, and joints.

Slide your affected leg out to the side, keeping your kneecap pointed up toward the ceiling. Then slide your leg back to the starting position. Repeat 10 times, 2-3 times per day.



9

Sit supported, straighten your knee and hold for 5 seconds, repeat 10 times, 2-3 times per day.

What if my condition hasn't improved after these exercises?

If you see no improvement in your knee after these exercises, then it is likely you may need specialist musculoskeletal treatment. At PhysioQinetics, we pride ourselves in providing affordable first-class musculoskeletal physiotherapy. Why not make an appointment with us today?

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Patient information leaflet series

Knee Pain: Advice and exercise

The aim of this leaflet is to give you some basic self-help advice and exercises to manage your knee problem.

You are likely to be experiencing some or all of the following symptoms:-

- Knee pain
- Knee Swelling
- Knee Stiffness and loss of movement
- Weakness in the muscles around the knee
- Tightness in the posterior thigh and calf muscles

Advice

- First, follow your doctor's recommendation on pain relief medication.
- If there is swelling, try an ice/gel pack on the knee, for 10-15 minutes, reapply as necessary. Frozen peas in a damp towel can be used. Do not use ice if you have poor sensation or an infected wound.
- When resting, sit with the leg elevated with the ankle higher than the hip.
- Pace your activities throughout the day with regular breaks to rest the knees.
- Your shoes can alter the load put on your knee joints and directly impact on your knee pain. Footwear with adequate padding and arch support can help absorb shock to the knees. Arch supports can help hold foot in position and reduce rotational stress/strain to your knees.

Exercises for knee pain

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- Avoid wearing high heels as this cause undue force on the kneecap. Footwear designed for running/fitness has extra cushion and motion control/stability features.
- Weight control will help reduce the stress on your knees.

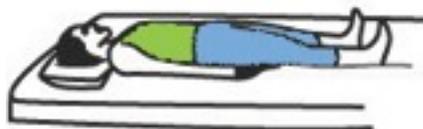
The following exercises will aid in improving movement, muscle strength and reducing tightness in your affected knee, thereby reducing pain. If you have used ice, allow 30 minutes before exercising. Number of repetitions and sets of each exercise are only a rough guide, you may need to adjust this depending on the severity and irritability of your knee condition.

Exercises



1

Lying on your back, bend and straighten your affected knee. Repeat 10 times, 2-3 times per day.



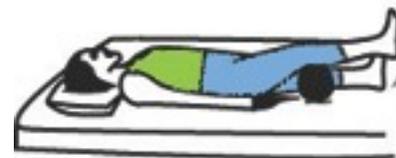
2

Tighten your buttocks muscles by squeezing them together. Hold for 5 seconds, repeat 10 times, 2-3 times per day.



3

Bend your affected knee slightly and tighten the muscle along the back of your thigh by digging your heel into the bed. Hold for 5 seconds, repeat 10 times, 2-3 times per day.



4

Lie on your back with a small rolled up towel under your affected knee. Straighten your knee by lifting the heel off the bed. The back of your knee should stay in contact with the rolled up towel throughout the exercise. Hold for 5 seconds, repeat 10 times, 2-3 times per day.



5

Lying on your back, lift your leg up but ensure your knee stays straight throughout. Hold for 5 seconds, repeat 10 times, 2-3 times per day.

6

Have your affected leg supported so that your knee is straight. Gently lean forwards from your hips but making sure you keep your back as straight as possible. Feel the stretch at the back of your leg. Hold this stretch for 30 seconds and perform a total of 6 of these per day.



7

Assume the calf stretching position as shown. With your affected knee behind you, lean your body weight forward until you feel a stretch in the back of your calf. Hold this stretch for 30 seconds and perform a total of 6 of these per day.



“If the exercises make your pain worse STOP doing them and seek further advice from your doctor or make an appointment to see a chartered physiotherapist at **PhysioQinetics.**”