

Exercises for Knee Pain

Stretching

Stretching can be a useful way to help reduce muscle pain and increase the movement you have around your knee. Try the three stretches below.



Hold the stretch for between 10-12 seconds and then release. You should feel the pull and the back of your upper leg. Stop if the stretch is painful.

Repeat as able.



Hold the stretch for between 10- 12 seconds and then release. You should feel the pull and the back of your upper leg. Stop if the stretch is painful.

Repeat as able.



Place you sore leg behind you and push your heel into the floor. Hold the stretch for between 10-12 seconds and then release. You should feel the pull and the back of your lower leg. Stop if the stretch is painful.



If your knee feels stiff, try resting your heel on a firm surface and allow the back of your knee to relax. You may feel a stretch at the back of your leg. Hold this approx. 60 seconds and then bend you knee to regain movement. It may feel a little sore to move it again.

Repeat as able.

Strengthening exercises



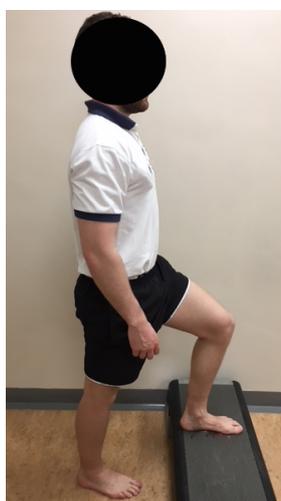
Lean against a flat, smooth wall. Taking your weight through your heels, slowly bend your knees and slide yourself down the wall to about halfway. Next, using your knees, slide yourself back up the wall to the starting position.

Repeat as able.



Lay on your back with your knees bent. Squeeze your bottom and lift your hips upwards towards the ceiling. Hold 2-3 seconds and then relax.

Repeat as able



Try stepping up and down a small step with your painful leg. The slower you can do this, the better. This may feel a little uncomfortable at first, but should start to feel easier with practice.

Repeat as able.

The exercise might feel like hard work but it should not increase your pain once you stop exercising. If an exercise is too sore, leave it out.

If you have severe knee pain then contact your GP surgery.