



Urgent care

Knee exercises

Knee exercises

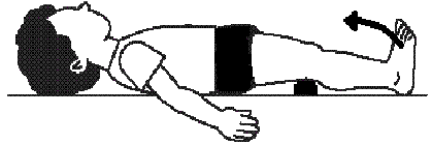
- **Static quads**

Sit on the floor with your legs straight out in front.

Place a folded towel

beneath your injured knee and use your muscles to press the back of your knee into the towel as hard as you can.

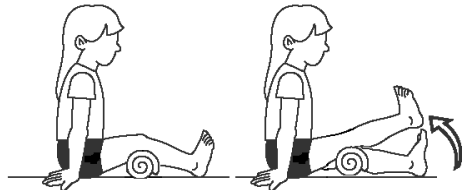
Keep your toes pulled up towards your body. Hold for five seconds then relax completely. Repeat at least five times.



- **Inner range quads**

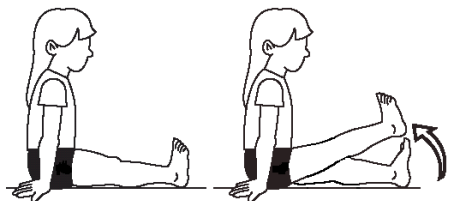
Sit on the floor with your legs straight out in front. Place a large rolled up towel under the injured knee. Pull toes towards your body, tighten the thigh muscles and lift the foot up until the knee locks straight. Do not lift the thigh off the rolled up towel.

Hold for five seconds, lower slowly then relax completely. Repeat at least five times.



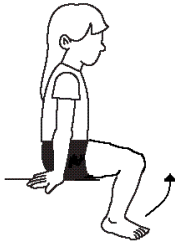
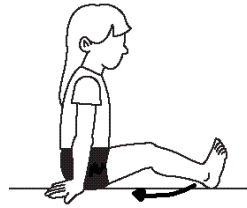
- **Straight leg raise**

Tighten your thigh muscles and lock your injured knee straight. Pull your foot towards your body and lift the straight leg 10cm off the floor, hold for five seconds then lower slowly and relax completely. Repeat at least five times.



- **Knee bends**

Practice bending your knee by sliding your heel towards your bottom.



- **Knee bends (sitting)**

Sitting, with your legs hanging down, straighten your knee slowly by raising your foot. Hold for five seconds and then lower gradually. Repeat at least five times.

- **Hamstrings**

Standing, resting your hands on a table and bending your knee, take your heel towards your bottom then slowly lower it to the floor. Repeat at least five times.



Individual management plan:

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Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

For further advice please contact:

Abingdon Minor Injury Unit	01865 903 476
Henley Minor Injury Unit	01865 903 755
Witney Minor Injury Unit	01865 903 841
Wallingford First Aid Unit	01865 903 471
Bicester First Aid Unit	01865 903 976

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফর্ম্মেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本，请与我们联系

নেত্র ভ্রাতৃত্ব টিচ সাতকালী বিসী ভূমী ভ্রাসা না সলল হিঁচ চাতীচী হেঁচে তাং বিলখা অব বে সাতৃত্ব পুহঁ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہم سے پوچھیں۔۔۔

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Urgent care is part of our Older People Directorate.

OP 151.15