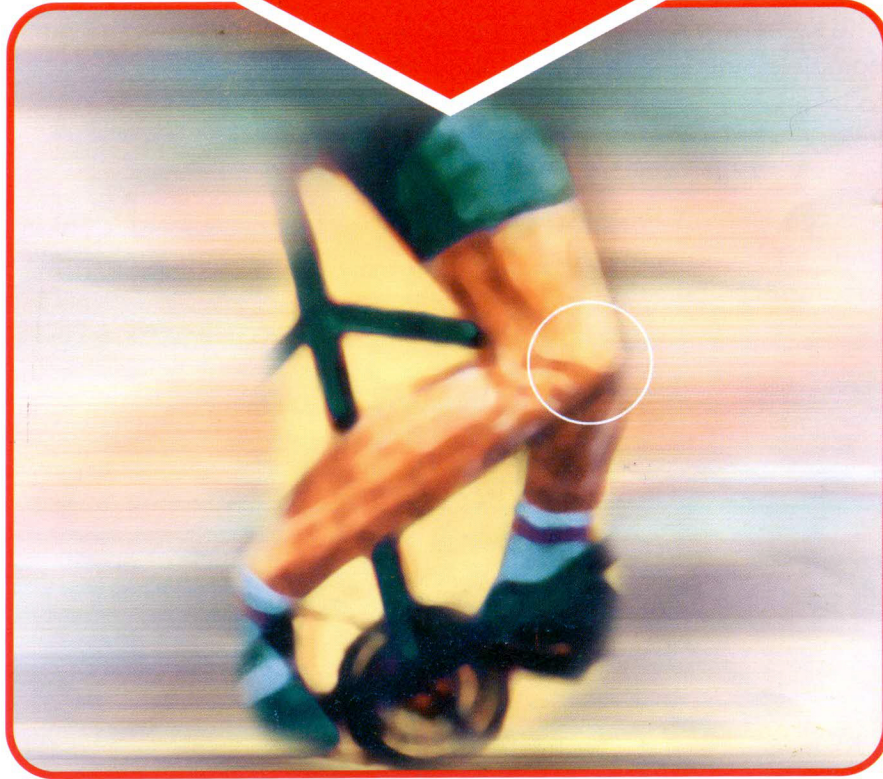


Exercises For Healthy Knees

A Guide For Patients/Families



Physiotherapy and Rehabilitation Services



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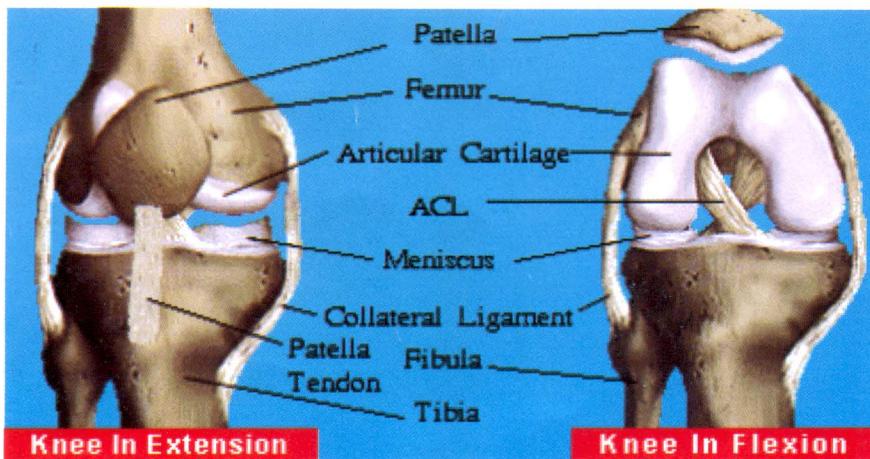


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KNEE JOINT

The knee joint may look like a simple joint, but it is one of the most complex joints present in our body. Moreover, the knee is more likely to be injured than any other joint in the body. We tend to ignore our knees until something happens to them that causes pain.

We can help ourselves by taking good care of our knees before any problem occurs. In addition, if knee problem develop, an exercise program can be extremely beneficial.



The muscles which go across the knee joint are the quadriceps and the hamstrings. The quadricep muscles are on the front, and the hamstrings are on the back of the thigh. The ligaments are equally important in the knee joint because they hold it together.

Knee Exercise

It is important to strengthen your thigh muscles (Quadriceps and Hamstring) in order to strengthen the knee joint.

Exercise # 1

Lying on your back straight bend your knee and hip, Your knee must always face the ceiling. Hold your knee in the position for five seconds, then return to start position.



Exercise # 2

Place a firm roll under your knee. Straighten the knee to lift your foot off the bed. hold it in this position for five seconds. slowly lower your foot down to the bed.



Exercise # 3

Put your one leg in a comfortable position, lift other leg, by keeping the knee straight. Hold your knee in this position for five seconds. Slowly lower your leg to the bed.



Movements to Avoid

Some movements should be avoided to protect your knee.

Do Not Twist or Pivot on Your Leg

1. Always keep your toes and upper body facing the same direction.
2. Take small steps when turning rather than pivoting on your leg.

Don't



No Extreme Knee Bending

1. Do not force your knee to bend to extreme positions.



Do



Ways To Prevent Stress On Knees

1. Avoid excessive trips on stairs.
2. Take intervals of rest throughout your daily activities. Sit down and take a break.
3. Avoid heavy home activities. For example: vacuuming, lifting or pushing furniture, etc.
4. While sitting on a high chair. Use a small foot stool.
5. While wearing shoes and stockings, place your feet on a small stool.
6. Avoid carrying and lifting heavy objects that put a strain on the knees and back.
7. If you do not have Knee problem and want to maintain healthy knees, start with gentle exercises and later build up to more advanced exercises.
8. Only do the exercises which your Physiotherapist has recommended and follow instructions carefully to avoid further knee injuries.

For more information please contact

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