**Rehabilitation Programme for Knee Pain**

**Heel Slides-** laying on your back with legs straight, slide one heel to the butt for a count of 3-4 seconds, one leg at a time. 10-12 reps x 2 on each leg, 1-2 times a day.

**Straight leg raise**- laying on your back, one leg straight and the other leg bent. Lift the straight leg off the floor, roughly 45 degrees. Perform these movements slowly for roughly between 3-5 seconds on each leg. 8-10 reps x 2 on each leg, 1-2 times a day.

**Straight leg raise with rotation-** doing the same as the straight leg raise but turn your foot (on the lifting straight leg) outwards roughly between 1-2pm on the clock (approx. degrees 10). 8-10 reps, x 2 on each leg, 1-2 times a day.

**Bridge exercise-** Laying on your back with both knees bent with feet on the floor, push your bum up in the air to create a bridge. Slowly lifting and lowering down for approx. 3 seconds. 10-12 reps x 2 sets. 1-2 times a day.

**Stretches**

**Quad stretch-** these can be performed either lying on your front or stood up. Bring one foot to the bum and holding it there with your hand on the same side. Hold for 20-30 seconds on each leg. If you can’t feel this on the front of your thigh, bring your foot slightly away from your bum.

**Calf stretch-** standing facing a wall with both feet together, take a step back with both feet, then take one foot back further keeping your toes pointing forward. Pushing your hands in to the wall and pushing your heel down on your back leg (making sure its straight) you should feel the stretch down your calf on your back leg. Hold for 20-30 seconds on both legs.

**Hamstring stretch-** sitting on the floor with both legs together and out straight in front of you. Sitting up as tall as possible from the hips and lean forward to touch your toes. If you can’t touch your toes then reach as far as you can whilst feeling a slight stretch in the back of your legs. Hold for 20-30 seconds complete this 2 times.

All of the above stretches will need to be performed after exercises has been completed. If you have any questions about any of the above then please contact myself via Spond and I will be happy to further assist you.