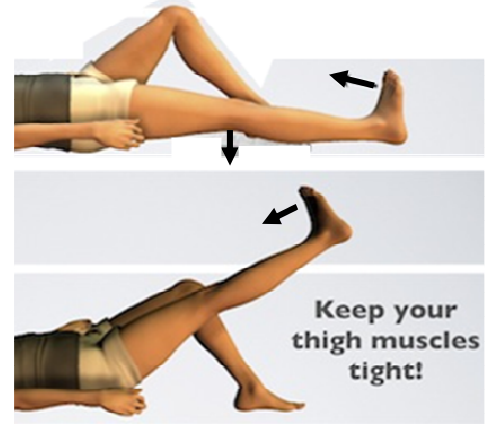


Exercise for knee pain

Aim: To reduce pain by strengthening the muscles of the thigh (quadriceps). This will also improve standing, getting out of chairs, and walking

The exercise:

1. Lie down on flat surface such as a bed or couch
2. Bend the LEFT leg at the knee and place the LEFT foot firmly on the surface
3. Straighten the RIGHT leg and LOCK the knee by pushing it down hard onto the surface while pulling your toes towards your head
4. Keeping it locked and straight, raise the RIGHT leg slowly to 12 inches off the surface
5. Hold for 10 seconds
6. Lower leg and relax for 3 seconds
7. Repeat Steps 3-6 until your leg is very tired
8. Swap over and repeat exercise on the LEFT leg, with the RIGHT knee bent up



As you improve:

1. Hold the leg up for longer each time
2. Do more repetitions

How often? Do these exercises in the morning and evening, perhaps whilst watching TV or relaxing

Making this a daily ROUTINE is the KEY!