

# Exercise for knee pain with very weak muscles

**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. Place a rolled up towel under LEFT knee (bend up other knee)
3. LOCK the knee by pushing it down hard onto the towel while raising your heel off the bed, while pulling your toes towards your head
4. Keeping leg locked and straight, hold for 10 seconds
5. Lower leg slowly and relax for 3 seconds
6. Repeat Steps 3-5 until your leg is tired or the thigh is aching. Try starting with 10 repetitions
7. Swap the towel and repeat exercise on the RIGHT leg



## As you improve:

1. Hold the leg up for longer each time
2. Do more repetitions, aim for 30 per side
3. When this exercise gets too easy, its time to take the towel away and try straight-leg raises (same technique, no towel)

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

**Making this a daily ROUTINE is the KEY!**