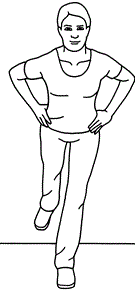
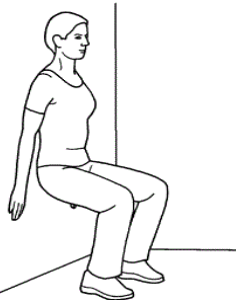


For more of a challenge....



6. Stork Balance

Stand one leg, keeping it straight.
Slowly lean forwards.
Keep your back straight.
See how long you can hold your balance for.
Relax. Repeat x10.



7. Wall Slide

Stand with your back against a wall.
Place your feet 20 cm from the wall.
Slowly slide down the wall, bending your knees.
Slowly return to standing position.
Repeat 10 times.

- Wear an ankle weight for exercises 1, 2, 4 and 6
- Hold a weight in your hands for exercise 7
- Hold each stretch for a few seconds longer
- Do extra repeats of each exercise

General Knee Exercises

Stretch and Strengthen

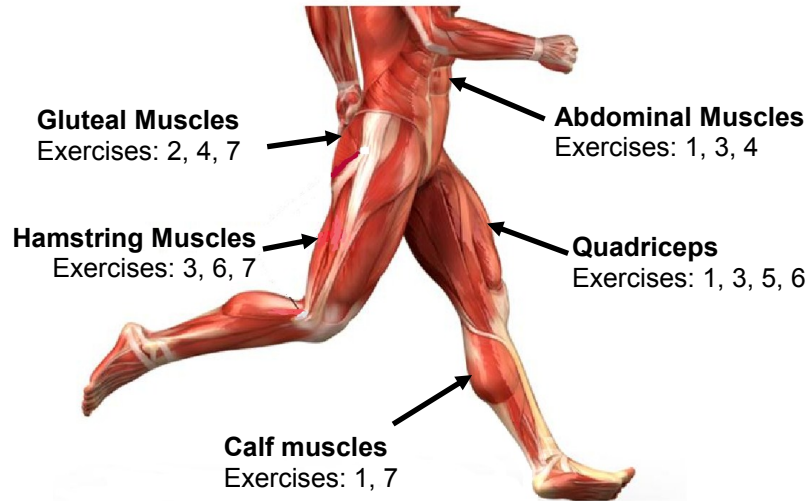
*Rheumatology Department
Great Western Hospital Swindon*

- Try to do these exercises three times a week.
- Aim to feel a controlled stretching sensation in your muscles.
- This is a sign that your muscles are working.

If you would like this information in another format i.e. large print or another language, please contact the Customer Service Team on 01793 604031

Knee Exercises

Your knee is supported by several muscles. Exercising these muscles will keep your knee strong, stable and protected from injury.



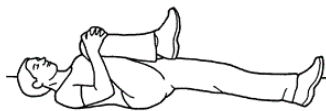
1. Leg Raise

Lie on your back. Bend one leg. Straighten the other and pull back your toes. Straighten and lift your leg 1 foot off the bed. Hold for 5 seconds. Relax for 5 seconds. Repeat 5-10 times with both legs.



2. Knee to Chest

Lie on your back with your head on the floor. Bring one knee to your chest, hug with both hands. Hold for 30 seconds. Relax. Repeat 5 times with each leg.



Stretch & Strengthen

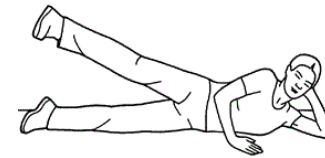
3. Clams

Lie on your left side with knees slightly bent. Lift your right knee. Keep your bottom leg still and heels together. Hold for 5-10 seconds. Relax. Repeat 10 times on each side.



4. Straight Leg Stretch

Lie on your left side. Support your head with a pillow. Straighten and lift your right leg. Keep your toes pointed forwards. Hold for 10 seconds. Relax. Repeat 4-5 times on each side.



5. Knee Bend Balance

Hold the back of a chair for balance. Bend one leg behind you. Grasp your ankle and pull towards you. Feel a stretch in your thigh. Hold for 5-10 seconds. Relax. Repeat 5 times on each leg.

