

**Notes :**

Dear patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include;

Increasing number of repetitions, increasing the number of sets, increasing how long you hold it for or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing the numbers

**1 Knee flexion/extension**



**Sets: 3 Reps: 15-20**

Lie on your back with your legs straight.

Slide your heel on the bed towards your buttock to bend the knee as far as you can.

Lower your knee towards the bed to straighten your leg as much as you can.

When you perform this movement, keep your knee straight. Do not allow it to move in or out.

**2 Seated straight leg raise**



**Sets: 3 Reps: 15-20**

Sit in a chair with one leg out straight, heel on the floor, and the other leg bent.

Lift the straight leg up without using the trunk to crunch forward.

Lower under control and repeat.

3 Sit to stand



**Sets: 3 Reps: 15-20**

Sit on a chair that have been placed against a wall to prevent slipping. Interlace your fingers and reach forward with your arms. With your feet slightly apart and your hips at the edge of the seat, lift your hips up from the seat to stand. Slowly return to sitting.