Home Exercise Program ANTERIOR KNEE PAIN

Created by Barnstaple Alliance Primary Care Network Mar 19th, 2025
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COMMENTS

The aim of the below exercise programme is to progress to three sets of 15 repetitions per exercise.

Remember this is a target to work towards. You do not have to do three sets of 15 repetitions at the start of this programme.
You should work within pain tolerance.

It is normal to experience pain during rehab, but this should be kept to within three to four out of 10 on a pain scale.

If you are working into symptoms, you need to reduce your repetitions, the resistance, the sets, or how long you hold the exercise for.
It is normal to feel pain during rehab. However, it's important to know that this is not harmful.

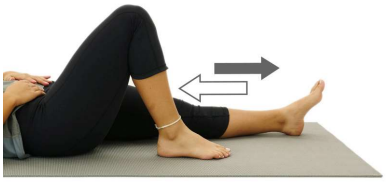
Bear in mind, if you are exercising into pain, your symptoms are likely to continue.

It is very important to reduce or avoid, where possible, activities that make your symptoms worse. If you're able to do this, you will likely have a quicker recovery.

You can use medication to manage pain as advised by your healthcare professional.

You do not have to use medication to moderate your symptoms. However, if you feel your symptoms are not manageable, then it is something to consider.





HEEL SLIDES - SUPINE

Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee.

Hold a gentle stretch in this position and then return to original position.

Video # XV225S9RA

Hold	1 Second
Complete	1 Set
Perform	1 Times a Day



QUAD SET - TOWEL UNDER KNEE - ISOMETRIC QUADS

Place a small towel roll under your knee, tighten your top thigh muscle to press the back of your knee downward while pressing on the towel.

Video # XVTG6X3HL

Hold	1 Second
Complete	1 Set
Perform	1 Times a Day



STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Video # XVJAAR8BC

Hold 1 Second
Complete 1 Set
Perform 1 Times a Day





SHORT ARC QUAD - SAQ - KNEE EXTENSION

Place a ball or rolled up towel under your knee and slowly straighten your knee as you lift your foot. Lower back down and repeat.

Video # XVSANZ8W8

Hold 1 Second
Complete 1 Set
Perform 1 Times a Day



LONG ARC QUAD - LAQ - KNEE EXTENSION

Start in a seated position with your knee bent as shown, slowly straighten your knee as you raise your foot upwards as shown. Return to starting position and repeat.

Video # XV2LGH9PQ

Hold 1 Second
Complete 1 Set
Perform 1 Times a Day





PRONE QUAD STRETCH WITH MULTI-LOOP STRAP

Start by lying on your stomach with a stretching strap linked looped around your affected side foot.

Next, use the belt to pull the knee into a bent position allowing for a stretch as shown.

Video # XVDHBXKYQ

Hold 1 Second
Complete 1 Set
Perform 1 Times a Day



Quad stretch

-Start in standing position.
-Grab foot with hand and pull heel up to glute.
-Keep knees close together.
-Hold onto a chair if necessary for balance.
-Engage core.

-Condition and Functionality: Flexibility.
-Muscles: Quadriceps.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set



BOW

-Same position as a quad set.
-Place the ball behind knee.
-Push down on ball using your knee and quadriceps.
-Keep involved the leg's heel against the wall and the uninvolved foot away from the wall.

-Condition and Functionality: Strengthens lower body.
-Muscles: Quadriceps, hamstrings.

Hold 5 Seconds
Complete 3 Sets



STEP UP AND STEP DOWN - IPSILATERAL (SAME SIDE)

Start by standing in front of a step/step stool with both feet on the floor.

Step forward and up the step with your target leg and use that leg to lift your body weight up onto the step with the other leg.

Once both feet are on the step, step back down backward with the other leg first so that your target leg does the work to lower your body back down to the ground. Then return the target leg to the floor next to your other leg.

You may need something to hold on to for balance support.

Repeat this on the same side.

Video # XV3Z9M63A

Hold 1 Second
Complete 1 Set
Perform 1 Times a Day



HIP HIKES

Stand on a step and then lower one leg downward towards the floor by tilting your pelvis to the side. Return to starting position and repeat.

Video # XVV5DZUTZ

Hold	1 Second
Complete	1 Set
Perform	1 Times a Day



MINI SQUAT

Start with your feet shoulder-width apart and toes pointed straight ahead. Next, bend your knees to approximately 30 degrees of flexion to perform a mini squat as shown. Then, return to original position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.