

### Active Knee Extension On towel

Lie on your back or sit on the floor, and place a rolled up towel under your knee. Straighten your leg against the towel. This exercise helps to straighten your leg if your knee is stiff, and also strengthens the quadricep muscle group (at the front of your thigh).

Video: <http://youtu.be/3f1k1huhRgI>



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### Knee Extension Prone

Lying face down, with your knee flexed, straighten your leg slowly and in a controlled manner. Return to the start position. Try not to let your leg jerk, but keep the movement as smooth as possible. This exercise is a useful hamstring rehabilitation exercise.

Video: <http://youtu.be/iTZ8cpUrVUs>



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### Knee Extension Supine

Slide your heel away from your bottom to straighten your leg. Go as far as feels comfortable and try to straighten your leg at the bottom by pushing your knee down towards the ground. Return to the start position. This exercise improves mobility to your knee joint, and improves control of the quadricep and hip flexor muscles.

Video: <http://youtu.be/KdNM9MmOm1c>



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## Sitting Knee Flex with Band

Sit on the side of a chair, and attach a band around your ankle and anchor the opposite end in front of you. Bend your knee and feel the resistance against the band. You will feel the hamstring muscle at the back of your thigh working.

Video: <http://youtu.be/J0JGgic7Irc>



## Knee Flexion Passive

Sit down on the floor, and place a towel around your foot. Gently pull the towel to bend your knee. Try to keep your knee relaxed at all times. Straighten your knee to return to the start position. This is a good exercise to improve mobility in a stiff knee joint.

Video: <http://youtu.be/yzgdhSGhNCY>

## Knee Flexion Supine Overpressure

Bend your knee towards your chest, and pull the heel towards your bottom to apply overpressure. You will feel a stretch to the quadricep muscles at the front of your thigh.

Video: <http://youtu.be/wQv4vGVwnUw>

## Knee Flexion Prone Stretch

Lie face down, and bend your knee bringing your heel towards your bottom. Use your other leg to help you bend your knee further, especially useful if you cannot reach your leg with your hand, or your leg is too weak to move on its own. You will feel a gentle stretch to the quadricep muscles at the front of your thigh.

Video: <http://youtu.be/yhixtkSVhcE>



## Knee Flexion Prone



Lie face down, and bend your knee bringing your heel towards your bottom. You will feel a gentle stretch to the quadricep muscles at the front of your thigh. Make sure you bend the leg in a controlled way, trying not to judder or cog-wheel your foot to ensure good quality movement of the hamstring. Return to the start position slowly and using the same level of control.

Video: <http://youtu.be/z2YP70zLpbs>

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## Knee Flexion Supine



Slide your heel towards your bottom. Go as far as feels comfortable, and then return to the start position (with the leg straight). This is a good way to improve mobility to a stiff knee joint.

Video: <http://youtu.be/skOauZ54MLU>

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## Hamstring Stretch 9 Bent Knee

Lying down on your back. Bring your hip to 90 degrees, or further. Keep some bend in your knee, and then gently pull your leg towards you to feel a stretch behind your thigh (in the hamstring muscles).

Video: <http://youtu.be/RxEd4pN7CDs>

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## P.S. Additional advice sheet

You will find the advice sheet attached in your email

- [Knee Pain.pdf](#)
- [Knee Sprain.pdf](#)
- [Runners Knee.pdf](#)
- [Knee ACL Sprain.pdf](#)
- [Knee Replacement.pdf](#)
- [Knee Osteoarthritis.pdf](#)

- [- Knee Medial Collateral Ligament Rupture.pdf](#)
- [- Knee Lateral Collateral Ligament Sprain.pdf](#)
- [- Knee Lateral Collateral Ligament Rupture.pdf](#)
- [- Jumpers Knee.pdf](#)
- [- Knee Arthroscopy.pdf](#)
- [- Adolescent Anterior Knee Pain.pdf](#)
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