Exercises for the patient with anterior knee pain

Week 2

Increasing mobility: Foam Roller



Points to remember

- Keep feet lifted
- Turn your tummy to the floor
- Start the roller just above the knee
- Roll slowly over tender areas





Points to remember

- Relax your feet
- Hands by your bottom and lift your bottom slightly
- If it is too difficult with your feet on top of one another, place one foot on the floor



Points to remember

- Elbows down , tummy up
- Roll slowly over tender areas

Increasing Gluteal Strength : "The Burner"

1 minute of each exercise = 3 minutes work each leg



Points to remember:

- Relax foot
- Push top leg long by fixing the pelvis with the hand
- Keep leg in line with bottom
- Only lift to hip height.
- And lower



Points to remember:

- Relax feet
- Put hand behind buttock to stop you rolling backwards if you need
- Keep feet in line with bottom
- Don't roll backwards
- Don't arch your back
- Lift leg up and lower





Points to remember:

- Relax foot
- Keep foot high
- Squeeze the buttocks to push the foot back

Strength exercises for the gluteals :

Single leg bridging







Level one foot on knee

Level two leg in table top

Points to remember:

Pull tummy down, squeeze buttocks and rock pelvis back to start

Lift the bottom by using your gluteals

Roll back down

Repeat 3x 10 repetitions

Monster Walks-Put band around thighs to begin with



Bend knees and lean forward from the hips

Keep shoulders level

Step out to the side 10 x and then back again

Repeat 5x

Modified single leg dead lift





Points to remember

- Stand on one leg, keep your back straight throughout the exercise.
- Bend your trunk forwards from the hip.
- On the return back up squeeze your gluts and bring the trunk upright.

8 repetitions 2x each leg

Single knee Bend



Stand on one leg

Hips level, knee pointing forward

Bend at the knee keeping good alignment of knee over toes.

PROGRESS….

…Bend knee with dumb bell in both hands

Reach forward and touch the weight on the floor

Return to stand repeat x8

Free Squat- weighted (Goblet squat)



Points to remember

- Feet hip width apart
- Toes facing forwards
- Take weight through heels
- Push bottom out behind
- Use a weight

3 sets of 10 repetitions

Split Squat





Points to remember

- Keep shoulder in line with your back knee
- Front knee is in line with hip and stays over mid foot
- Don't push forwards. Repeat x 8 each leg x2
- Hold on to a chair if required.

Calf Length "Strengthen to lengthen"



- Stand on the edge of a step
- Push upon to toes, hold 5 seconds
- Lower the heel to the floor slowly over the count of 8
- Hold at the bottom for 10 seconds
- Repeat- push up, hold, lower, hold
- Repeat to fatigue of the calf

Stretches to finish

Gluteal Stretch



- Lie back on the bed and draw your knee to your chest
- Draw your knee across the midline slightly
- Pull your ankle across the midline
- Hold for 20-30 seconds. 3-5 repetitions.

Quadriceps Stretch



- Lay on your tummy
- Pull heel to bottom
- Keep knees in line
- Hold 20- 30 seconds 3-5 repetitions

Hip Flexor Stretch



- Kneel if able on a soft surface or put a towel under the knee.
- Tuck tail bone underneath
- Push hips forward
- If able stretch arm up to the ceiling and over to the opposite side
- Hold 20 seconds 3-5 reps each side

Think that you may forget your exercises?

Then go to our website for our video

http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patients-suffering-from-anterior-knee-pain/

or Google- Physiotherapy out patients CHFT

In the patient / care information tab, click on the knee on the body map, and then go to patients suffering from anterior knee pain.

Or scan this QR CODE