

Vivaan Clinic, Nashik

Knee Personal Exercise program



Move your ankles up/down
Repeat 10 times.



Lying on your back with one leg straight.
Ensure you have a good co-contraction. Lift
your leg straight up from the bed, then lower
slowly.
Repeat 10 times.



Lying on your back with legs straight.
Bend your ankles and push your knees down
firmly against the bed.
Hold 5 secs. Repeat 10 times.



Lying on the unaffected side raise the leg up
then slowly lower. Ensure you have a good co-
contraction.
Repeat 10 times.



Place a wedge or rolled towel under your knee.
Push your heel into the bed, tightening the
muscles at the back of the thigh.
Hold 5 secs. Repeat 10 times.



Lying on the affected side, with the good leg
crossed in front. Raise the affected leg up
and then slowly lower. Ensure you have a good co-
contraction.
Repeat 10 times.



Slide your heel towards your bottom, bending your knee.
Repeat 10 times.



Lying face down raise your leg up off the bed.
Ensure you have a good co-contraction.
Repeat 10 times.