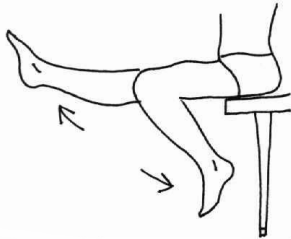




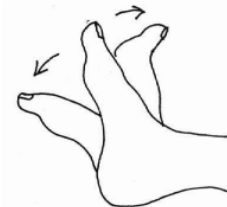
Advice Sheet AS16: Exercises for the Knees

Exercises and care of the knee joint

1. Swing the knee gently back and forth. Do not attempt if you are in pain.



2. Lie on your back and bend your foot forwards and back. Hold for several seconds.



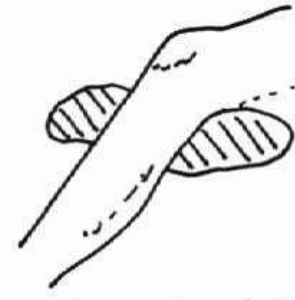
3. Stand on a telephone directory and swing the other knee only as high as you can.



4. Whilst resting as before lower the leg gently onto the couch and then tighten your thigh muscles.



5. When resting on your back support the knee by placing a cushion under the knee.



6. Whilst resting on your back flex and straighten the knee.



7. Note:

- Avoid twisting
- Avoid overloading, jogging, running, jumping
- Do not exercise with or beyond the point of pain
- Avoid crossing the legs whilst sitting

- If your knee is hot and swollen wring a flannel under very cold water and apply it to the knee joint for approximately 3 minutes, repeat daily