Exercise for knee pain with very weak muscles

Aim: To reduce pain by strengthening the muscles of the thigh/quadriceps. This will also improve standing, getting out of chairs, and walking

The exercise:
1. Lie down on flat surface such as a bed or couch
2. Place a rolled up towel under LEFT knee
3. LOCK the knee by pushing it down hard onto the towel while raising your heel off the bed, while pulling your toes towards your head
4. Keeping leg locked and straight, hold for 10 seconds
5. Lower leg slowly and relax for 3 seconds
6. Repeat Steps 3-5 until your leg is tired or the thigh is aching
7. Swap the towel and repeat exercise on the RIGHT leg

As you improve:
1. Hold the leg up for longer each time
2. Do more repetitions
3. When this exercise gets too easy, its time to take the towel away and try straight-leg raises

How often? Do these exercises in the morning and evening, perhaps whilst watching TV or relaxing

Making this a daily ROUTINE is the KEY!

Professor Conaghan’s MSK Clinic - Chapel Allerton Hospital