

# Physiotherapy Room 4 Awesome Knee Mobility Exercises for Your Painful Knee

**Notes :** These exercises are for you if you can't fully straighten or fully bend your knee.

## 1 Passive knee extension



If your knee cannot fully straighten, this exercise is for you! It is very important to do daily.

The goal is to regain the ability to straighten your knee. This will improve your overall function and help reduce your knee, hip and/or back pain.

Sit on a chair with your affected knee on another chair or stool so that your hip and foot are approximately the same height or lower.

Relax your leg and let the knee straighten. Put your hands above and below your knee and put some over pressure. Hold this for 1-2 seconds and release. bend your knee slightly and repeat this process.

Over the course of repeating this exercise, your pain should subside. If you find the pain in your knee gets worse and worse doing this exercise, STOP. Wait a day and try again. Try not putting as much pressure the next day and see if the pain is less.

Again, the goal is to try and regain some flexibility of the knee over time.

To progress, put a book or a weight on the top of your knee to further stretch it.

Sets: 1 Reps: 10 Freq: 1-2 times per day Hold: 1-2 seconds

## 2 Knee Rotation Exercise



Knee OA, meniscus injury stretch

If you have pain when bending your knee or there is limitation in bending your knee, this exercise is for you.

The goal is to increase the ability to bend your knee painfree. This will improve your overall function, reduce the stress on one part of your knee joint and help reduce your pain.

Believe it or not, when you normally bend your knee, the lower leg also rotates inwards.

Place your painful leg foot down on a chair. Bend your knee as you shift your weight forward. Do this until you begin to feel pain or limitation and then back off slightly. Reach across and grasp the front part of your painful leg below the knee. Place the opposite hand just below the knee with your palm behind the outside portion of your lower leg, and twist the leg inwards. Maintain this twisting pressure while shifting your weight forward, bending your leg at the knee.

Sets: 1 Reps: 10 Freq: once per day

## 3 Assisted knee flexion



If your knee cannot fully bend, this exercise is for you! It is very important to do daily.

The goal is to regain the ability to fully bend your knee. This will improve your overall function and reduce the stress on one part of your knee joint and help reduce your pain.

Sit with both knees straight out on the floor.

Bend your affected knee towards you as far as possible.

Use the arms to apply a gentle pressure to further bend the knee.

Maintain the position for a few seconds and relax. Repeat

Sets: 1 Reps: 10 Freq: 1-2 times per day Hold: 2 seconds

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## 4 Functional Knee Flexion, Extension and Rotation Exercise



This is an exercise that works all movements and areas of your knee. Great one to finish off with.

Goal: Increase pain free mobility of your knee.

Sit down and rest your thigh on your forearm as shown.

Your heel shouldn't touch the ground.

Rotate your foot out (externally rotating your lower leg -you should see the bony tip under your knee rotating out) and extend your knee as much as possible.

Then, rotate your lower leg in (rotate the tibia internally and) and then bend your knee.

Repeat again

Sets: 1 Reps: 10 Freq: 1-2 times per day