

Knee NWB exercises



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Knee Extension in Sitting

Sit up straight on a sturdy chair, so that your feet are supported on the floor.

Bend your ankle and straighten your knee using your front thigh muscles. In a controlled manner, return to the starting position.

Repeat 5 - 10 times.



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Active Knee Flexion in Supine

Lie on your back, with legs straight.

Bend your knee by sliding your heel towards your buttocks and return to the starting position.

Repeat 5 - 10 times.



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Terminal Knee Extension

Lie or sit on the floor with one leg straight.

Tighten your front thigh muscles and try to press the back of your knee against the floor. Hold the tension for 5 - 10 seconds and relax.

Note: You can place a small towel roll under the knee.

Repeat 5 - 10 times.

Knee End-range Extension in Supine



Lie on your back with one leg bent and the other leg straight. Place a towel roll under the straight knee.



Bend your ankle and straighten the knee using your front thigh muscles. Keep the back of your knee against the towel roll. Keep the tension for a moment and then relax.

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Repeat 5 - 10 times.

Lying on your back with one leg straight and the other leg bent. (You can vary the exercise by having your foot pointing either upwards, inwards or outwards).



Exercise your straight leg by pulling the toes up, straightening the knee and lifting the leg 20 cm off the bed. Hold approx 5 secs. - slowly relax.

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Repeat 5 - 10 times with both legs.
