



Quadriceps Strengthening

1. Inner Range Quads

- Lay on back on a bed or couch
- Place a small rolled towel or cushion under knee
- Tighten front of thigh and lift foot off bed
- Hold for 5 seconds and return foot to bed
- Repeat 3 x 10 aiming for 5 seconds per repetition



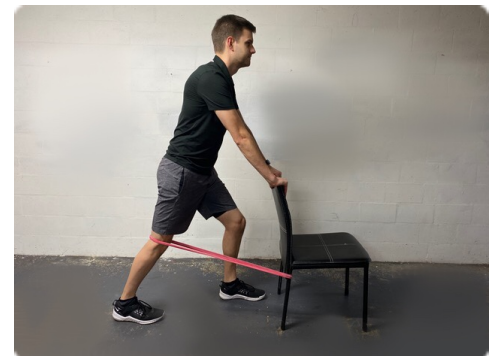
2. Standing knee lock

- Stand with your back to a wall, heel of operated leg against wall, other leg slightly in front
- Lock knee pushing back of operated knee towards wall
- Hold for 5 seconds, repeat 5 times



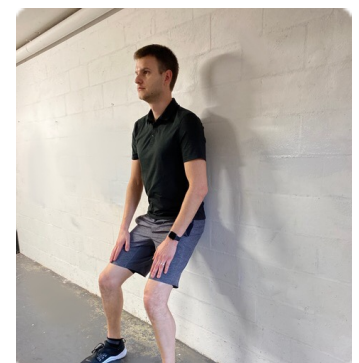
3. Standing Knee Extension (+/- Band)

- Standing in a lunge stance with operated leg back
- Holding on to chair for support
- Band around back of operated knee, knee bent
- Slowly straighten the back leg pushing into resistance of band.
- Return to start position
- Repeat 3 x 10 aiming for 5 seconds per repetition



4. Wall slides / Fit-ball squats

- Stand with back on wall or exercise ball
- Feet shoulder width apart, away from wall
- Slowly bend knees keeping knees over ankles
- Return to start position
- Repeat 3 x 10 aiming for 5 seconds per repetition



5. Sit to stand (+/-Band)

- Starting in chair with feet shoulder width apart
- Hands on arm rest, knees or off body
- Lean forward drive up through thighs and buttock
- Slowly reverse movement to return to seat
- Repeat 3 x 10 aiming for 5 seconds per repetition



6. Seated Push backs

- Sitting in firm chair, feet shoulder width apart
- Push heels forward into floor
- Ensure feet stay flat on floor throughout
- Repeat 3 x 10 aiming for 5 seconds per hold



7. Step Downs

- Standing on a small step, feet shoulder width
- Step down in front leaving operated leg on the step
- Ensure hips stay as level as possible throughout
- Return to start position by bringing leg back up
- Repeat 3 x 10 aiming for 5 seconds per hold



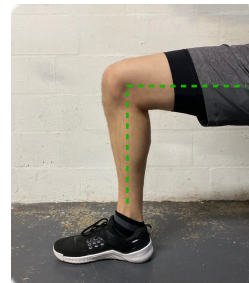
8. Exercise Bike

- Adjust height of bike seat to allow for comfort
- Cycle with enough resistance to ensure the pedals don't spin freely.
- Aim for 10-20 minutes as able



Correct Knee Alignment

- When doing exercises for your quads, it is important to ensure you maintain correct knee alignment. This will mean the difference between challenging the muscle (correct exercise), or stressing the joint (uncomfortable).
- Make sure when moving the knee in the above exercises the knee stays above the ankle and inline with the hip (not bowing in or out).
- If any of the above exercises leave you with pain below the knee cap you can reduce the amount you are doing or have your technique assessed by a physio.



Exercises above are given as a guide only.

Please ensure you perform the exercises as indicated by physio when the sheet is provided.

All exercises can be modified/progressed when appropriate - seek assessment from a community physiotherapist