



Personal exercise program

Knee VMO exercises

New Forest Physiotherapy Southampton

Forestside Medical Practice, Dibden Purlieu, Southampton SO45 4JA

Easy Gym, 366-368 Shirley Road, Southampton SO15 3HY

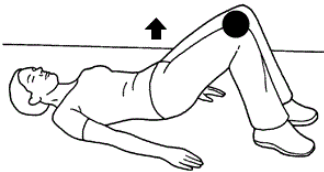
www.newforestphysio.co.uk, T: 023 8008 9120

Provided by

Chartered Physiotherapist Adam Smith-Connor

Provided for

Training start date 1/3/2018



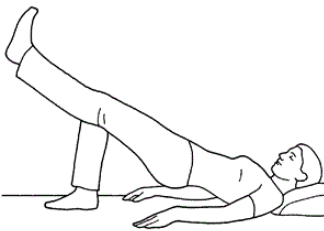
Lying on your back with knees bent and pillow between knees.

Squeeze your buttocks together and lift your bottom off the floor.

Squeeze knees together against pillow.

Repeat 10 times.

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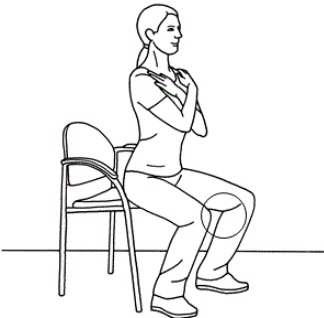
Lying on your back with knees bent.

Lift the strong leg off the bed.

Using the weak leg lift your pelvis up, keeping the pelvis level.

Repeat 10 times.

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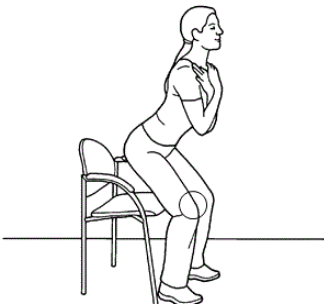
Sit in a chair with a pillow between your knees.

Push your heels down and pull your knees together against the pillow.

Hold contraction for 10 secs.

Repeat 10 times.

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Sitting with your arms crossed.

Stand up and then sit down slowly on a chair whilst squeezing a towel between your knees. (This can be made easier and more difficult by changing the height of the chair)

Repeat 10 times.

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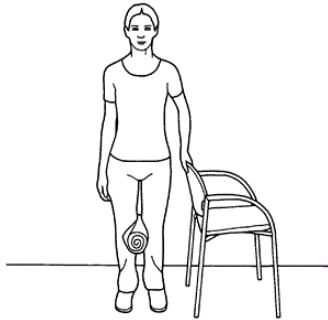
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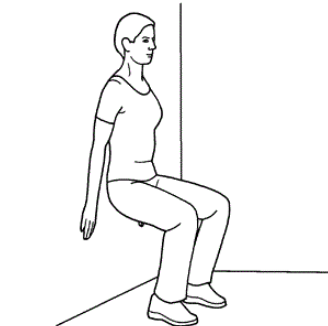


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Standing with support available.

Squeeze a towel or pillow between your knees. Continuously squeeze while gently bending your knees to 30 degrees. Return to standing. Relax squeeze.

Repeat 10 times.



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Stand leaning with your back against a wall and your feet about 20 cm from the wall.

Slowly slide down the wall until your hips and knees are at right angles. Return to starting position.

Repeat 10 times.

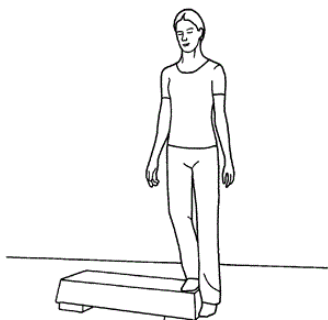


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Stand in front of a step.

Step up slowly with the weak leg leading. Ensure that your knee does not twist in or out as you step up.

Repeat 10 times.



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Stand sideways on a step with one foot hanging over the edge of the step.

Slowly bend your knee allowing your other foot to brush the floor.

Repeat 10 times.



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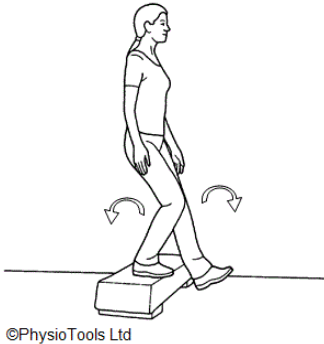
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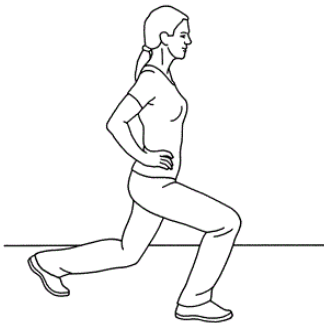


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Stand on one leg on a step facing down.

Slowly lower yourself by bending your knee to 30 degrees. Return to starting position then lower your leg back behind you.

Repeat 10 times.

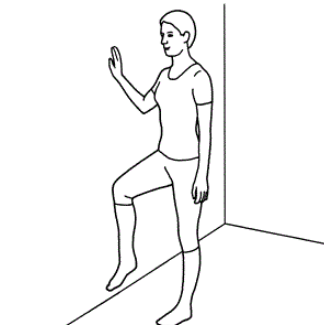


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Stand straight.

Take a step forward and bend your knees. Return to the starting position.

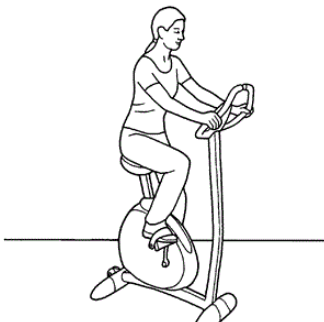
Repeat 10 times.



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Balance on one leg.
Keep your balance as long as possible.

As you improve close your eyes or stand on a pillow.



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Cycling is excellent for strengthening the knee. _____