

# Nottingham Family Wellness Centre

## Beginner Knee Exercises

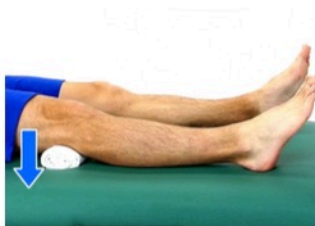
### Assisted Range of Motion

#### SUPINE HEEL SLIDES



While lying on your back place a belt, towel, strap or bed sheet around your foot and start by pulling with your arms to bend your knee into a bent position. Then allow your knee to straighten back out to starting position and repeat.

Repeat 10 Times  
Hold 3 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day



#### QUAD SET - TOWEL UNDER KNEE

Place a small towel roll under your knee, tighten your top thigh muscle to press the back of your knee downward while pressing on the towel.

Hold for 3 seconds. Repeat

Repeat 10 Times  
Hold 3 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

### Muscle Activations

#### HAMSTRING SET



Lie down on your back and then bend your knee. Next, press your heel into the ground and hold. Relax and repeat.

Hold for 3 seconds. Repeat.

Repeat 10 Times  
Hold 3 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

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### LONG ARC QUAD

While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards as shown.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



### STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Repeat 10 Times  
Hold 3 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

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