

# Nottingham Family Wellness Centre

## Intermediate Knee Exercises

### Theraband Exercises



#### KNEE EXTENSION WITH BAND

Attach a looped elastic band to your ankle and to the opposite foot.

Next, draw your lower leg upwards to a straighten knee position while your other foot anchors the band.

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



#### HIP EXTENSION WITH BAND

While standing with an elastic band looped around your ankles, move the target leg back as shown.

Keep your knees straight the entire time.

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

### Body Weight Exercises



#### BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

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

# Nottingham Family Wellness Centre

## Intermediate Knee Exercises

---



### WALL SQUATS

Leaning up against a wall or closed door on your back, slide your body downward and then return back to upright position.

A door was used here because it was smoother and had less friction than the wall.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

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

---



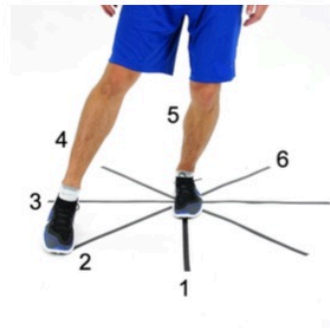
### FORWARD LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and slightly out to the side and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg.

Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

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

---



### CLOCKS

Start by standing on one leg and maintain your balance. Imagine a clock on the floor where your stance leg is in the centre. Maintain a slight bend in the knee on the stance side.

Then, lightly touch position 1 as illustrated with your non-stance foot. Then return that leg to the starting position. Next, touch position 2 and return. Continue this all the way to position 6.

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