Knee movement

A discussion chart for knee mobility and strength. Surgical instructions and your individual plan take priority.

> Before you start: Ask your physiotherapist which movements are suitable, particularly after surgery or injury, with a diagnosed condition, or if you are worried about falling. Keep the space clear and use stable support where needed. Stop for new pain, worsening symptoms or feeling unwell; seek advice before continuing.

01 Lying knee bend

Lie comfortably on your bed with your legs straight. Slide one heel towards you to bend the knee as far as comfortable. Straighten again slowly.

The NHS inform example includes a brief two-second pause. Agree your repetitions with Richard.

02 Thigh muscle tightening

Lie with your leg straight. Tighten the front of your thigh and gently press the back of your knee towards the bed, then relax.

The NHS inform example uses a ten-second hold. Your prescribed hold may differ.

03 Record your response

Note what you did, how it felt and how your knee feels the following morning. Share this at your next review.

Stop for new pain or worsening symptoms and seek advice before progressing.

My agreed amount: Repetitions _____ Hold _____ Sessions _____

Source: NHS inform: knee exercises (accessed 10 November 2026).

Clinical review by Richard is required before this practice-branded sheet is issued as patient advice. The linked NHS source contains the full instructions. This is not a personalised rehabilitation plan.

info@richardjonesphysio.co.uk | 07961 203121