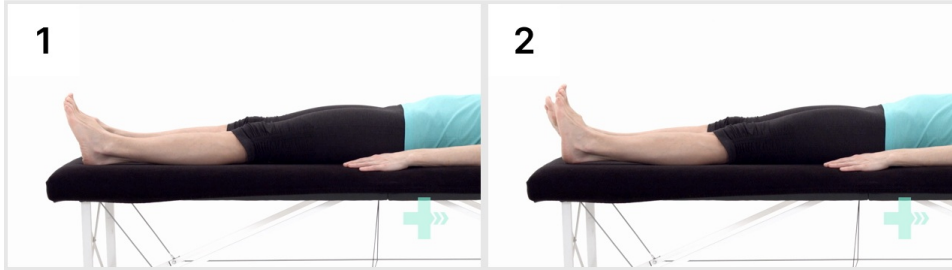

1. "Quad sets" Knee terminal extension strengthening, supine

3 Sets • 10 Reps • 10 s hold

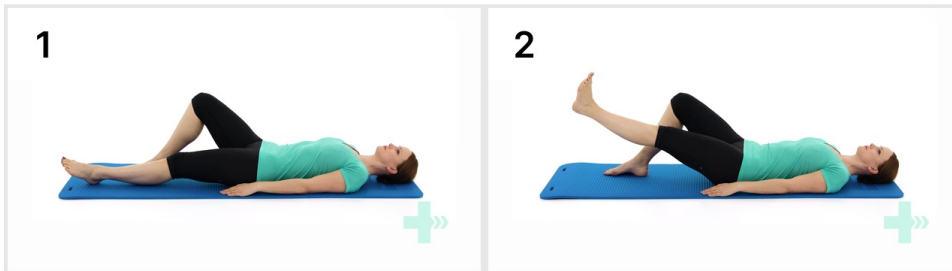


Lie on the bed.

Stretch out your leg and press the back of your knee downwards until you feel your thigh muscles tighten.

2. "Straight leg raise" Core/quadriceps strengthening, opposite foot standing

3 Sets • 10 Reps • 30 s hold



Lie on your back with your legs bent and feet flat on the floor.

Straighten your affected leg out so that it is flat.

Tighten your abdominal and thigh muscles, and lift this leg directly up, keeping the knee completely straight.

Ensure your stationary leg stays still with the knee pointing to the ceiling.

Control the movement as you lower the leg back down onto the floor.

3. Quadriceps stretch, standing behind chair

2 Sets • 3 Reps • 30 s hold



Start in a standing position. Use a wall or chair for support, and raise one leg behind you grabbing hold of your ankle, or your lower leg.

Lift your leg as high as possible and try to keep your knee bent at a right angle.

Hold for a few seconds, and then repeat for the other leg.