



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Quad sets



Sit with the leg straight. Press the back of the knee down and tighten the thigh.

Hold 5 seconds

15 times, 3 times a day

✓ **Should feel**

The thigh muscle tightening

✗ **Should not feel**

Knee pain



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Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

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Monday to Saturday · Sunday by prior appointment only

2

Straight leg raise



Lie down, one knee bent. Keep the other knee straight and lift the leg 20 cm.

10 times

3 times a day

✓ **Should feel**

The thigh working

✗ **Should not feel**

The knee bending or back pain



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3

Terminal knee extension



Rest the heel on a rolled towel so the knee hangs free. Press the knee down straight.

Hold 5 seconds

15 times

✓ Should feel

The back of the knee stretching

✗ Should not feel

Sharp pain



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4

Mini wall sit



Back against a wall, slide down a little way, hold, then stand.

Hold 10 seconds

10 times

✓ Should feel

The thighs working

✗ Should not feel

Knee pain at the front



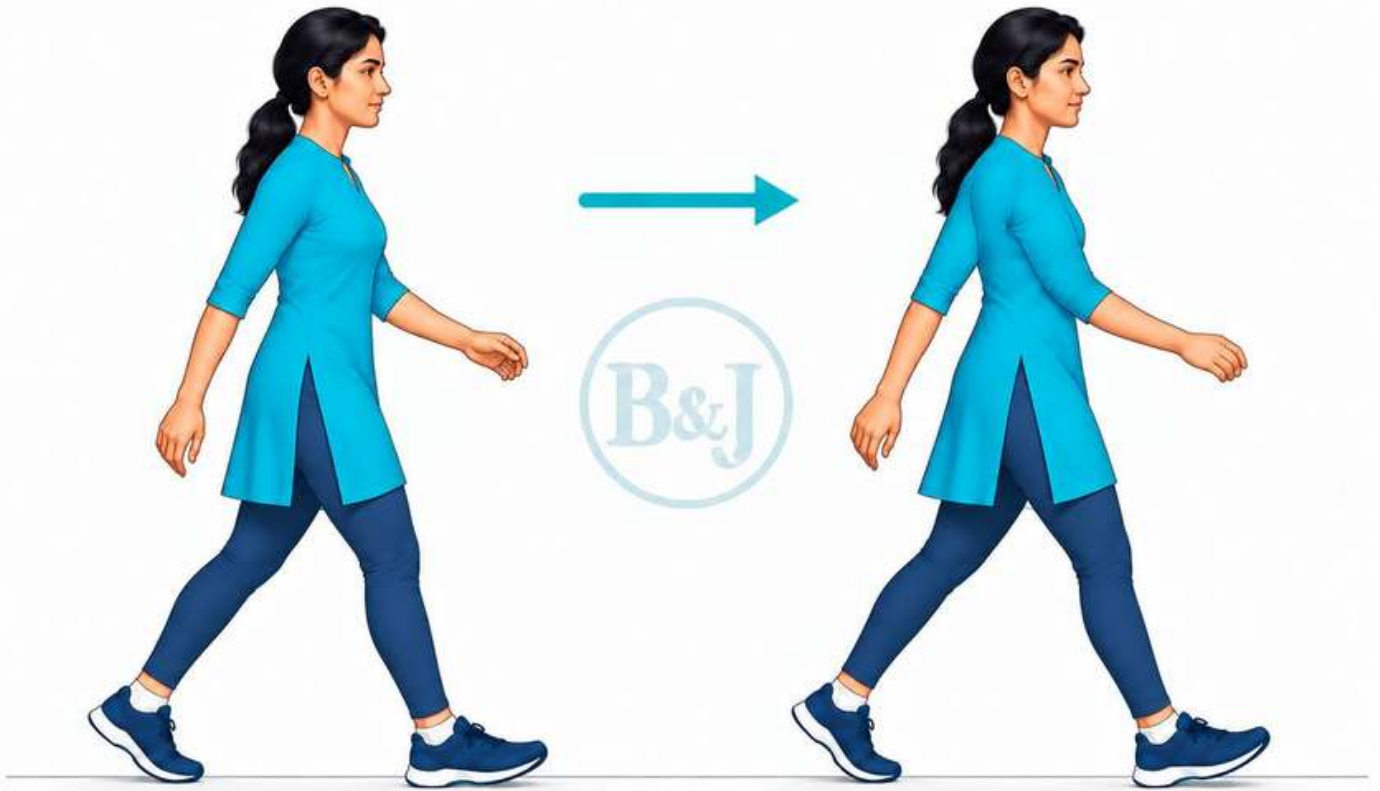
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Walk daily. Build the distance slowly.

20–30 minutes

Most days

✓ **Should feel**

Easier walking over weeks

✗ **Should not feel**

Swelling next day — do less

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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