

# Kneecap and hip exercises

Kneecap pain



**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

## Single-leg squat control



Stand on one leg in front of a mirror. Bend slightly, keeping the knee OVER the second toe — not falling inwards.

10 times

Once a day

### ✓ Should feel

The hip and thigh working

### ✗ Should not feel

The knee collapsing inwards



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Monday to Saturday · Sunday by prior appointment only



Lie on your side, knees bent. Lift the top knee, keeping the feet together and the hips still.

15 times

Daily each side

✓ **Should feel**

The side of the buttock working

✗ **Should not feel**

The hips rolling back



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## Side-lying hip lift



Lie on the UNAFFECTED side. Lift the top leg straight up.

15 times

Daily each side

✓ **Should feel**

The side of the hip working

✗ **Should not feel**

Back pain



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Tighten the thigh with the leg straight.

**Hold 5 seconds**

**15 times**

✓ **Should feel**

The thigh working

✗ **Should not feel**

Kneecap pain



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## Step down



Stand on a low step and lower the other heel slowly towards the floor.

10 times

Daily

✓ **Should feel**

Controlled lowering

✗ **Should not feel**

The knee falling inwards

## 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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