

## Teenage knee exercises

Painful bump below the kneecap



**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 Standing quadriceps stretch



Hold a chair for balance. Bend one knee and hold the ankle behind you, keeping the knees together.

**Hold 20 seconds**

**3 each side**

✓ **Should feel**

A stretch at the front of the thigh

✗ **Should not feel**

Sharp pain over the bump below the kneecap



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Listen to it read aloud, in English, हिंदी or मराठी — or ask for **sheet 39**

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## Hamstring stretch



Put one heel on a low step, keep the knee straight and lean forward from the hips.

**Hold 20 seconds**

**3 each side**

✓ **Should feel**

A stretch behind the thigh

✗ **Should not feel**

Shooting pain into the calf or foot



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## 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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## 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

### 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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