

Advanced knee and ankle exercises

Guidance on the amounts of each exercises you should aim to do are provided, but let pain be your guide and only do as much as you can within the amounts given.

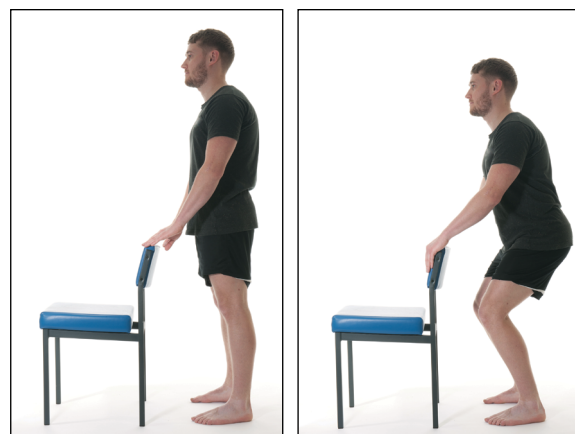
Aim to do the exercises three times a day.

Advanced knee and ankle exercises

Mini Squat - both legs

Using the back of a chair or a table for support, bend both knees into a squat position and then stand up again. Don't bend any lower than a normal seated position.

Repeat 5-10 times



Mini Squat - single leg

When you are able to do the exercise above without pain or discomfort stand on your injured leg only and bend this knee to a squat position while holding the back of a chair or a table for support.

Only do this if you feel you could have done it before your injury.

Repeat 5-10 times



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Re-developing your balance

Level 1: Hold onto a chair or table for support and practice standing on your injured leg for up to 30 seconds.

Once you have achieved this move to level 2.

Level 2: Hold onto a chair or table for support and stand on your injured leg. Try to let go of the chair/ support and hold for up to 30 seconds.

