

Program Three

6 exercises. 3 times a week. For 8 weeks.

Exercise 1. Seated knee extension

Exercise 2. Chair stand and sit

Exercise 3. Step ups (A NEW EXERCISE)

Exercise 4. Crab walk (A NEW EXERCISE)

Exercise 5. Bridge (A NEW EXERCISE)

Exercise 6. Step calf raises (A NEW EXERCISE)

How many? Do each exercise 10 times. Repeat 3 times (total 30).
Rest for 2 minutes after each 10.

How often? Do the 6 exercises, 3 times each week.

Week 1: New Exercises: Do these with no ankle weight.
Exercises from Program Two: Continue these as you were at the end of Program Two.

Week 2 – 8: Tailor each exercise to your strength and ability.
To get stronger each exercise should feel very hard. Follow the instructions:



How to increase the exercise challenge

- ✓ Use the 'How hard am I working?' table to identify how challenging each exercise feels (next page).
- ✓ In Program Three the aim is for each exercise to feel VERY HARD. This should feel like 7-8 out of 10 (if 10 is as hard as it could possibly feel). You should feel like you're challenging yourself.
- ✓ If an exercise feels easier make it harder. Each exercise has instructions of how to increase the challenge.



When not to increase the exercise challenge

- ✗ If it's hard to perform with good technique. Good technique = slow and keeping your balance.
- ✗ You're already exercising VERY HARD (an effort of 7-8 out of 10)
- ✗ You have increased knee pain and swelling lasting more than one day after the exercise.



If you experience increased pain visit www.mykneeexercise.org.au
Go to: My Knee Education: Managing Exercise Pain.



How hard am I working?

Rate by number	How hard is it?	How you feel when you're...
0	Resting	sitting or simply standing
1	Very, very easy	
2	Easy	
3	Moderate	walking or exercising lightly
4	Somewhat hard	
5	Hard	pushing yourself a bit
6	Hard	
7	Very hard	challenging yourself
8	Very hard	
9	Very hard	
10	Maximum	as hard as you possibly can

Program Three aim

Each exercise should feel VERY HARD to do.

When an exercise feels easier, increase the challenge so it feels hard, again.

Some exercises are harder than others. So, the challenge will increase for each exercise at different times.

To watch videos of each exercise, go to the website: www.mykneeexercise.org.au/program3/

EXERCISE 1: Knee Extension



Starting position:

Sit in a firm chair with your back and thighs supported.

Rest both feet flat on the floor.



The exercise:

Slowly raise your heel to straighten your leg. Keep your thigh on the chair.

Hold for 5 seconds.

Slowly bend your knee. Lower your foot back to the floor.

“Slowly up, hold, 2, 3, 4, 5, slowly down”

During the exercise:

Keep your thigh resting on the chair the whole time.



Increase the challenge:

Add an ankle weight. Add 1 kg at a time.

EXERCISE 2: Chair Stand and Sit



Starting position:

Sit in a stable chair. The chair should be normal height with a firm seat. Place the chair back against a wall for support.



The exercise:

Move forward in the chair so your knees are over your toes. Lean forward. Bring your nose over your toes. Then stand up straight. Slowly sit back down.

“Slowly stand, pause, slowly sit”



During the exercise:

Keep your knees in line with your toes. Don't let your knees move inward. If you feel safe, don't use your hands.



Increase the challenge:

Split leg position: Move your exercising leg slightly closer to the chair. Move your non-exercising leg slightly further away from the chair. Take more weight through your exercising leg (the one closest to the chair).

EXERCISE 3: Step Ups



Starting position:

Stand with a step in front of you. Be safe! For balance hold on to the back of a chair or handrail for support. Place your exercising leg onto the step. Keep it on the step.



The exercise:

Slowly step the other leg up onto the step. Tap the foot on the step and then return the foot back to the ground.

“Slowly step up, tap the foot on the step, slowly step down”



During the exercise:

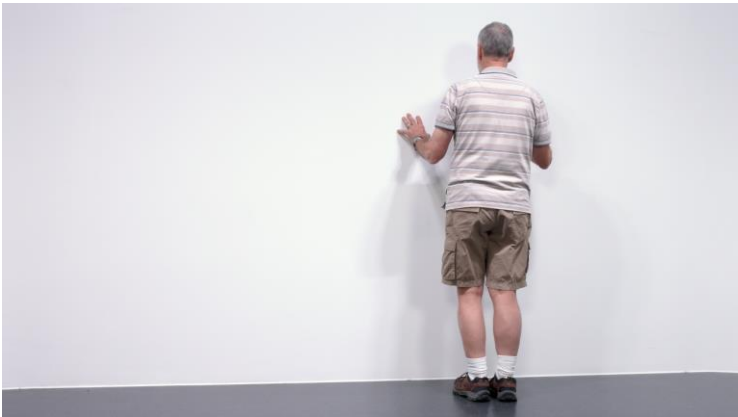
Keep your exercising leg on the step throughout the exercise and keep most of your weight on this leg. Keep your exercising hip, knee and ankle in a straight line. Don't let the knee bow inward.



Increase the challenge:

Hold weights in your hands. Add 1 kg at a time.

EXERCISE 4: Crab Walk



Starting position:

Stand facing a table, a kitchen bench or a wall.

Hold on if you need to for balance.



The exercise:

Slowly step sideways in one direction 5 times. Lead with your heel. Then step back the other direction 5 times.

During the exercise:

Keep your body facing forwards. Lead with your heel while you step sideways. Keep your toes pointing forwards. Don't twist or turn your body or legs.



Increase the challenge:

Use an exercise band if you have one. Loop the band around both thighs just above the knees. You should feel resistance from the band when your ankles are separated 10cm. Slightly bend both knees.

EXERCISE 5: Bridges



Starting position:

Lie on a mat on the floor.
Bend your knees. Place your feet flat on the floor. Your feet should be about 35cm away from your bottom.



The exercise:

Lift your bottom off the floor. Keep your shoulder blades on the floor.
Hold for 5 seconds.
Slowly lower your hips back to the floor.

“Slowly up, hold, 2, 3, 4, 5, slowly down”

During the exercise:

Keep your hips level.
Keep your knees hip width apart.
Don't let your knees move closer together.



Increase the challenge:

Split leg position: Move your exercising leg slightly closer to your bottom. Move your non-exercising leg slightly further away from your bottom. Take more weight through your exercising leg (the one closest to your bottom).

EXERCISE 6: Step calf raises



Starting position:

Stand with a step in front of you. Hold on to the back of a chair or a wall for support. Stand on the step. Move your feet hip width apart. Place your heels over the edge.



The exercise:

Slowly lower your heels so they are below the step. Slowly rise onto your toes, lifting your heels. Hold for 5 seconds. Slowly return your heels so they are below the step again.



“Slowly up, hold, 2, 3, 4, 5, slowly down”

During the exercise:

Stand straight. Keep your body still. Try not to sway forwards or backwards. Don't lean to the side.



Increase the challenge:

- 1: Stand on one leg. Do a single leg raise using the step.
- 2: Add an ankle weight. Increase 1 kg at a time.