

Program One

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

EXERCISE 1: Knee Extension

EXERCISE 2: Chair Stand and Sit

EXERCISE 3: Standing Side Leg

EXERCISE 4: Hamstring Curl

EXERCISE 5: Calf Raises

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

How often? Do the 5 exercises, 3 times each week.

Week 1: Do each exercise with no ankle weight.

Week 2 - 8: Tailor each exercise to your strength and ability.

To get stronger each exercise should feel 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 (on the next page).
- ✓ In Program One aim for each exercise to feel HARD.
This should feel like 5-6 out of 10 (if 10 is as hard as it could possibly feel).
You should feel like you're pushing yourself a bit.
- ✓ 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 HARD (an effort of 5-6 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 One aim

Each exercise should feel 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/program1/

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: Standing Side Leg



Starting position:

Hold on to the back of a chair or a wall for support.

Stand up tall.



The exercise:

Keep your knee straight. Lift your leg out to the side. Lead with the heel.

Hold for 5 seconds.

Move your leg back towards the other leg.

"Slowly out, hold, 2, 3, 4, 5, slowly in"

During the exercise:

Stand upright. Keep your body still.

Don't twist your hips. Don't lean your body to the side.

Keep your knee and toes pointing forward.

Keep your heel slightly behind you.



Increase the challenge:

Use an elastic exercise band (if you have one). Place it around your ankles.

EXERCISE 4: Hamstring Curl



Starting position:

Stand. Lean forward on forearms over a table or high bench.



The exercise:

Slowly bend one knee moving your heel up toward your bottom.

Stop when your heel is in line with your knee.

Your knee should be at a 90° angle.

Hold for 5 seconds.

Slowly lower your leg back to the floor.

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

During the exercise:

Keep both knees close together.



Increase the challenge:

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

EXERCISE 5: Calf Raises



Starting position:

Hold on to the back of a chair or a wall for support.
Stand up tall.



The exercise:

Slowly rise onto toes, lifting your heels.
Hold for 5 seconds.
Slowly return your heels to the ground.

"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 calf raise.
- 2: Add an ankle weight. Increase 1 kg at a time.