

Program Two

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

Exercise 1. Knee extension

Exercise 2. Chair stand and sit

Exercise 3. Standing wall push (A NEW EXERCISE)

Exercise 4. Hamstring curls

Exercise 5. Single Leg 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 5 exercises, 3 times each week.

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

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 (on the next page).
- ✓ In Program Two there is a NEW aim. Each exercise should 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 Two 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/program2/

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 Wall Push



Starting position:

Stand side on to a wall with the leg you are not exercising against the wall.

Lift the leg against the wall:

- Bend the hip to 60° .

Your knee should be just below your hip.

- Bend the knee to 90° .

Your heel should be below your knee.

You should be standing on the leg that you are exercising. Bend the knee, of the standing leg, slightly.



The exercise:

Gently push the bent leg into the wall.

Hold for 10 seconds. You should be gently pushing equally with your thigh, knee and ankle.

Return your foot to the floor and rest for a few seconds.

"Gentle push, 2, 3, 4, 5, 6, 7, 8, 9, 10, relax"



During the exercise:

Keep your hip, thigh, knee and ankle touching the wall.

Increase the challenge:

Increase the time you are pushing the leg into the wall. Increase 5 seconds at a time. Stop increasing the hold time once you reach 30 seconds.

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: Single Leg Calf Raises



Starting position:

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

Stand on one leg.

Stand up tall.



The exercise:

Slowly rise onto toes, lifting your heel.

Hold for 5 seconds.

Slowly return your heel 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:

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