
Physio on Ross Knee Program - Fixed Images - Sorry!

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May 2025 Knee Workout Edition

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Physio on Ross - Knee Strength Program

Sorry everyone. There was a hiccup with the exercise demonstration images so sending again. Brett.

Hope everyone is well.

We have discussed recently our knee program which has been showing great pain relief and increased capability results. ([Knee Program Info](#))

However, if your knees aren't severe enough for you to use that program and you are looking for home training exercises, here are some effective strengthening exercises. These are for keeping your knees strong and preventing pain. Without good knees your ability to live an enjoyable and independent life could be compromised.

Important Points:

- Exercises vary in intensity;
- They should not cause joint (knee) pain. If you already have joint pain, consider an assessment for the Knee Program.
- Modify the exercises to be simpler or more challenging as needed.
- If you are uncertain, do not do these or any drills without professional guidance.

- Images on how to do the exercise are under each set of instructions.

7 Recommended Exercises:

1. Sitting Knee Extension

- Sit on a high chair or bench.
- Apply a padded weight (1–4 kg) to your ankle.
- Straighten knee and hold for 3-5 seconds.
- Aim: 3 sets of 10 repetitions.



2. Standing Knee Extension (Two Variations)

a)

- Stand with your back against a wall, small ball behind your knee.
- Straighten your knee, pressing the ball into the wall.
- Hold for 5 seconds.
- Aim: 3 sets of 10 repetitions.



b)

- Face a resistance band wrapped around the back of your knee and an anchor.
- Step out slightly to create tension, then straighten your knee against resistance.
- Hold for 5 seconds.
- Aim: 3 sets of 10 repetitions.



3. Calf Raises with Bent Knees

- Lean against a wall or kitchen bench, feet slightly forward.
- Stand onto your toes with knees slightly bent (like Michael Jackson!).
- Hold for 3-5 seconds.
- Aim: 3 sets of 10 repetitions.



4. Glutes (Butt) Strength - Bridging

- Lying on your back with bent knees, hands by your side
- Lift your bottom
- Hold for 3-5 seconds
- Aim 3 x 10 reps

These can be modified to be done with a small ball between the knees that you squeeze as you lift, or use a band that goes around (just above) the knee so that you open your knees and maintain that as you do your bridges. This is a very important exercise.





5. Prolonged Wall Squats

- Lean up against the wall with your feet approximately 1 foot away from the wall
- Slide down the wall to feel pressure in the thigh but NOT so deep that your knee joint is irritated

You must take care with this exercise.

Gradually we try to measure the hold time without suffering after effects in the knee joint. The deeper you go the harder it is but also the more stress on the knee joint. **So please find a distance and height that DOES NOT irritate your knee joint.**

- Build up to 3-5 Minutes



6. Squats From Chair

Can you sit to stand with no hand assistance?

If so, then can you do 3 x 20 reps.

If you can, add dumbbell weights in your hands.

If the chair is too low put 1-3 pillows on it but not too high so it makes it unsafe and you slide out the side

Can you squat from standing to only lightly touch your bottom on the couch or bed?

Goal: Did you know if knees are healthy you are meant to be able to stand up from a chair on only a single leg – 23 times.

Can you do it? Are both legs equal? It's tougher than you think.



7. Short Range Pistol Squats

This exercise is a higher level and is much harder. If you attempt this, hold onto something for the first reps to check your balance is good enough.

- Start standing on 1 leg with the other leg out forwards off the ground
- Maintain a square aligned pelvic position as we do a **small** single leg squat (not deep!)

- The knee cap should fall over toes 2 & 3, and don't let the knee cap go too far forward over the toes
- Don't let the pelvis tilt sideways like 'Marilyn Munroe'
- This also requires good balance so ankles and hips are also being tested.



6-12 Week Knee Program

Do Not Give Up On Your Knees Before You Check This Out!

PhysioOnRoss.com.au

Should you wish for more information for yourself or a friend please feel free to ring me on 4728 2116, email admin@physioonross.com.au or click the link below for more details about the knee program.

Brett Cunningham, Director

<https://www.physioonross.com.au/knee-recovery-program/>

Clinic Information

- **Please allow up to a FULL HOUR** for your consultation (and you don't pay more). This allows the time needed to get to the real core of the issues, create a simple and effective plan, and give you some relief today.
- **Booked Out?** If the online booking system says there are no spots available and you need attention now - CALL Trish or Marina on 4728 2116 and they will move a mountain or two to try and fit you in.
- **Clear, Written Home Treatment Plan.** When you leave after an appointment with us, you will have a clear, written plan and timeline for

your treatment program. This is the key to the best results, both in the short and long term.

- If it is determined in your consult that your home treatment program will benefit from having an ice pack or resistance band they will be provided for you.

For Online Bookings Click Here

For Enquiries or Phone Bookings Call 4728 2116

Email: admin@physioonross.com.au

Great health and vitality to you!

Brett, Shaun, Trish & Marina

The Physio On Ross Team



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