



KNEE EXERCISES FOR SENIORS



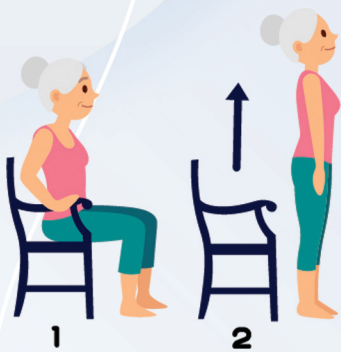
Rear Knee Flex

1. Stand with your feet slightly apart.
2. Hold onto the back of a chair, or support yourself against a wall.
3. Bend your right knee until your lower leg is at right angles to the floor.
Lower your leg.
4. Repeat on the right.



Side step-ups

1. Stand on the floor, sideways next to a low step.
2. Place your right foot on the step.
3. Put your weight on your right foot and step up on it, raising your left foot off the ground.
4. Lower yourself onto your left foot again.
5. Repeat this a few times, then turn around and repeat the action on your right leg.



Sit to Stand

1. Sit on the front edge of a chair, with your feet planted firmly on the floor, slightly apart.
2. Slowly stand up until you stand straight.
3. Sit down again, slowly.



Wall squats

1. Stand a little way away from the wall.
2. Lean back, so that your back is supported by the wall.
3. Keep your back straight and bend your knees a little.
4. Put your hands at your sides, or on your hips.
5. Slide your back down the wall, bending your knees.
6. Do not bend any further than where your knees are about 45 degrees.
7. Push against your feet, so that you can slide back up the wall.

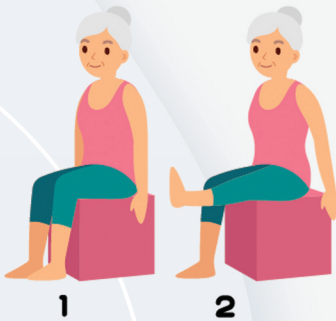


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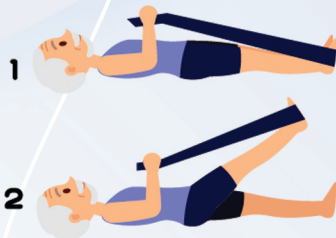
Calf raises

1. Stand in a neutral position, with your feet under your hips.
2. Slowly rise onto your toes.
3. Hold the position for a few seconds.
4. Lower back onto flat feet.



Leg extensions

1. Sit with both feet squarely on the floor, about a pace apart.
2. Straighten one leg in front of you. Make sure that you extend it strongly.
3. Return the leg to the starting position.
4. Repeat with your other leg.



Hamstring Stretches

1. Lie on your back with your legs slightly bent.
2. Hold the two ends of a towel/sheet in each hand.
3. Bend one leg and put your one foot against the centre of the towel.
4. Gently raise your leg, pulling gently on the ends of the towel.
5. Push your foot against the towel to help to raise it easily.
6. As your leg raises, try to straighten it.
7. Lower your leg slowly. When you have lost the stretch, let the towel go and extend your leg on the floor.
8. Repeat with the other leg.



Pillow Squeeze: Seated pillow squeeze

1. Sit on the edge of a chair.
2. Double a pillow over and put it between your knees.
3. Push your legs inwards, against the pillow.
4. Hold for a few seconds, then release.



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Pillow Squeeze: Lying pillow squeeze

1. Lie on your back with your knees slightly bent.
2. Your back should be flat on the floor.
3. Put a doubled-up pillow between your legs.
4. Squeeze your knees together.
5. Hold for a few seconds, then release.



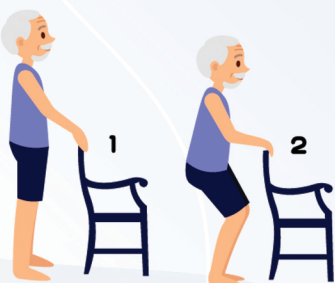
Side stepping

1. Extend your right leg out to the side.
2. Step on to it and bring your legs together.
3. Now, extend your left leg out to the side.
4. Step onto it and bring your legs together.
5. Make sure that the leg you are standing on is strong and your foot is steady on the floor.



Quad stretch

1. Stand in a neutral position, with your feet slightly apart.
2. Bend one leg so that you can hold your ankle with the hand on the same side.
3. Gently push your foot away from your body.
4. Release your foot and put it down again.
5. Repeat the process on the other side.



Half Squat

1. Clasp your hands and hold them out in front of you.
2. Bend at the knees, pushing out your hands a little, as you go down.
3. Your knees should not bend beyond a 45 degree angle.
4. Make sure that you push your back outwards as you bend, so that you keep your weight balanced.
5. Do not allow your knees to move beyond your feet.



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Side leg raises



1. Support your head on your bent arm. If this is uncomfortable, extend your arm and lie your head on it.
2. Your other hand should be placed on the floor in front of you, to help you to balance.
3. Extend both of your legs: either one on top of the other, or crossed over, so that you can balance more easily.
4. Lift your top leg, keeping it straight.
5. Lower your leg to the starting position.
6. Roll over to the other side and repeat the exercise with the other leg.