

Chair Exercise 1

Thigh muscle (quadriceps) strengthening

Knee extension

Difficulty level: moderate

Benefits for example:

- improves strength of muscles and control of movement around your knee
- improved strength of these muscles enables you to:
 - * stand up from sitting
 - * stand and walk
 - * get your legs into bed
 - * go up and down a step or stairs.

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The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Instructions

While sitting on your chair, straighten your knee by lifting your foot off the floor. Hold for 5 – 10 seconds and then **slowly** return your foot to the floor.

Repeat _____ times, _____ times a day



Progression of exercise

Resisted?

Complete this exercise with a Theraband placed around your ankle.