

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Therapy Services

Knee range of motion exercises

If you are viewing this leaflet online, please click on the following link to watch information videos. If you have a paper copy, please copy the link into your browser:
<https://www.youtube.com/watch?v=EOIjkGhP19c>

- Sitting in your chair.
- Slide your affected leg out in front of you – it can be helpful to place your foot on a plastic bag so that it slides easier with less resistance.
- Return to starting position.
- Repeat 10-12 times or as comfort allows.
- You may also find it helpful to help move your affected leg by placing your good leg over it and using it to pull your affected leg backwards.

This type of exercise is a 'range of movement exercise' therefore it is recommended that you do these exercises regularly throughout each day.

Allow pain to be your guide. Also you might find it easier to use either ICE or HEAT during and/or after doing these exercises.

