KNEE EXERCISE SHEET

Other worth and in our	
Strengthening:	
	Heel raises
	<u>Squats</u>
	Bending/ straightening knee with float under foot

Imperial College Healthcare MHS

NHS Trust Sit to stand Steps Ups Balance: Standing on one leg Walking Forwards **Backwards** Sideways

Respect our patients and colleagues | Encourage innovation in all that we do | Provide the highest quality care | Work together for the achievement of outstanding results | Take pride in our success

