



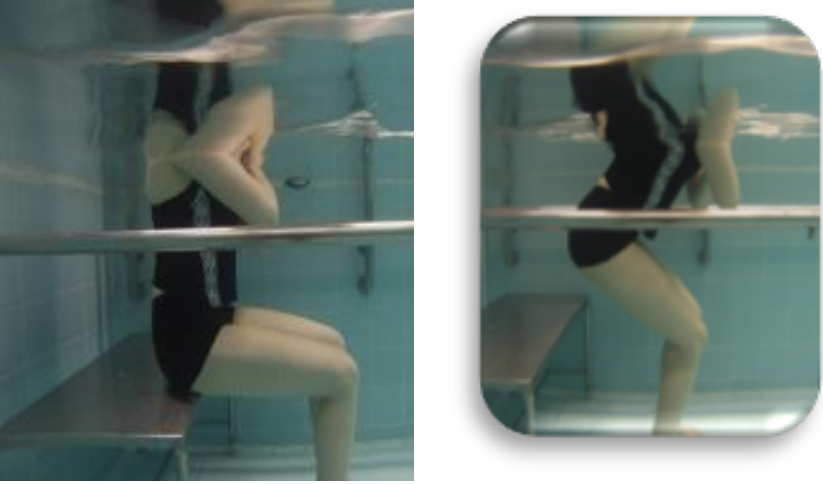





KNEE EXERCISE SHEET

<u>Strengthening:</u>		
		<p><u>Heel raises</u></p>
		<p><u>Squats</u></p>
		<p><u>Bending/ straightening knee with float under foot</u></p>

	<p><u>Sit to stand</u></p>
	<p><u>Steps Ups</u></p>
<p>Balance:</p>	
	<p><u>Standing on one leg</u></p>
	<p><u>Walking</u></p> <ul style="list-style-type: none"> ● Forwards ● Backwards ● Sideways

