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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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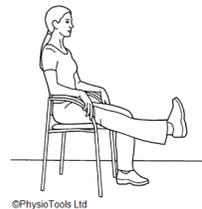
Why is Exercise Important?

Exercise helps keep your joints moving and your muscles strong enough to support your joints. This booklet will give you lots of exercises to help improve your leg strength and flexibility.

If you have any questions, comments or problems, please contact your Physiotherapist on 01932 722547.

Strength Exercises

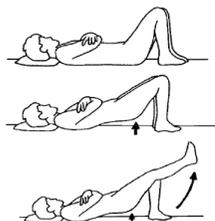
Your muscles should ache, which is how you know you are working them hard enough. If you do not feel anything then you need to do more repetitions or add a very small weight. **You should start off with 10 repetitions and build up gradually to 30 repetitions.**



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Knee Extensions

Sit in a chair and slowly straighten your knee all the way and hold for 5 seconds. Repeat on both sides. If you feel able, place a weight around your ankle to make it harder.



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Bridge

Lie down as shown and slowly lift your bottom off the floor and hold for 5 seconds. If able to, straighten one leg into the air while keeping your hips level.



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Clam

Lie down as shown and slowly lift your knee up and down, keeping your feet together and your hips facing forwards. You should feel your bottom muscles work.

Stretching Exercises

Stretching exercises are really important because as you grow your bones grow faster than your muscles do so they get pulled and get really tight. This can then give you pain, but stretching exercises will help. **You need to hold each stretch for at least 30 seconds for it to help.**



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Hamstring Stretch

Sit down as shown keeping your knees straight and reach for your toes. You should feel a stretch down the back of your leg.



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Hamstring Stretch

Lie down as shown with a towel round your foot. Pull the towel tight and keep your knee straight. You should feel a stretch down the back of your leg.



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Calf Stretch

Stand as shown keeping your back knee straight and heel on the floor. Lean forwards and feel a stretch in your lower leg.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

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