

## Quadriceps exercises

You can help your knees by strengthening up the quadriceps muscles (the muscles in the front of the thighs which pull your knee straight). Once you develop arthritis in a knee it is tempting to try and spare it – and the muscles can waste quite fast. There is now good evidence that regular exercises may not only reduce pain but may prevent deterioration of the knee joints.

Lie comfortably on your bed, legs out straight. It may be easier to do lying flat rather than, as here, on a clinic couch!



Keeping your leg straight, cock your foot back as in the left hand picture below.



Push your leg as straight as you can by tightening the muscles so your knee goes down to the bed and your heel comes up a little (compare the two pictures above)



With it in that position, lift it off the bed to about 30° and hold for five seconds

Let it down and relax

Repeat 10 times for each leg, morning and evening.