



14 Exercises to Ultimate Knee Pain Relief

Your pathway to pain-free movement
and improved flexibility



Welcome to your journey towards a healthier knee!

Congratulations on taking the first step towards relieving your knee discomfort and embracing a more active, pain-free life. I'm Aba, a physiotherapist with over 10 years of experience, and I've designed this program to address your back pain to help you move better and feel stronger. This guide is your gateway to improved knee health and greater mobility.

Inside this guide, you'll explore a thoughtfully selected range of exercises designed to enhance your knee's flexibility, build strength, and alleviate discomfort. Whether you're dealing with persistent knee pain or proactively working to prevent it, these exercises are crafted to help you take charge of your knee health and overall well-being.

What's Inside:

- 14 Carefully designed exercises targeting various aspects of your knee muscles and joint health.
- Insights from a healthcare professional to guide you on the best path to knee pain relief.
- Accessible routines suitable for people with knee pain.
- A holistic approach to relief and prevention, encouraging a pain-free, active lifestyle.

You've already taken the important step of downloading this guide. Now, it's time to put it to use and experience the benefits of a stronger, healthier knees. Bid farewell to knee discomfort and welcome a life with more freedom and comfort.



A gradual approach to success

While the temptation may be to tackle all these exercises at once, especially if you're eager for relief, it's vital to listen to your body and take a gradual approach. If you're just starting your exercise journey, consider the following approach:

1. **Start Small:** Choose 2 or 3 exercises that feel easy and manageable to begin with.
2. **Take Rest Days:** Allow your body to rest for a day after completing your initial exercises.
3. **Incremental Progress:** Add a couple of exercises at a time to your routine as your body adapts.

Following this gradual approach reduces the risk of overexertion and injury. After 4-6 weeks, you should find that you can comfortably complete all these exercises.

It's normal to experience some muscle soreness a day or two after exercising – a sign that your muscles are adapting and getting stronger. However, if you ever experience a sharp increase in pain or any discomfort that concerns you, reach out to a professional for guidance. The team at FlexGun is here to support you, and consulting with your trusted healthcare professionals for personalised advice is essential.

Your health and well-being are our top priorities. Take it one step at a time, and you'll be well on your way to a pain-free and healthier set of knees. Remember, consistency and patience are the keys to success. Keep up the great work!

1. Active knee extension in sitting

3 sets / 10 reps / 3 second hold



Sit on a chair.

Stretch one leg out and keep it in that position for the required duration.

Return your leg to the starting position and then repeat with your other leg.

2. Squats

3 sets / 10 reps / 3 second hold



Squatting helps to strengthen the quadriceps muscle that is very important for many daily activities such as sitting down and standing up from a chair, walking, and climbing stairs.

Stand upright with a chair behind you, and your arms out in front of you for balance.

Bend your knees, pushing your hips back behind you and leaning your body forwards, as though you are about to sit on the chair.

Come as close as you can to the chair without actually sitting on it and make sure that you do not feel unbalanced.

Be careful to keep your legs away from the back of the chair, so they don't press against it.

Stand back up, squeezing your buttock muscles to help with the movement.

Repeat the exercise, making sure you keep your back straight throughout.

3. Hamstring stretch in stand

3 sets / 10 reps / 3 second hold



Place the foot of your affected leg onto a chair or step.

Keep your knee straight and foot pointing ahead.

Keeping your back straight, tip forwards from your hips, pushing your buttocks out behind you until you feel a stretch down the back of your thigh.

Hold this position.

4. Quadriceps stretch

3 sets / 10 reps / 3 second hold



Start in a standing position. Use a desk for support, and raise one leg behind you grabbing hold of your ankle, or your lower leg.

Lift your leg as high as possible and try to keep your knee bent at a right angle.

Hold for a few seconds, and then repeat for the other leg.

5. Lunge - forward with support

3 sets / 10 reps



Forward lunges work to strengthen the quadriceps muscle in the front of the thigh that is important for walking.

Stand straight with your arms to the side or on your hips and hold on to a chair for balance.

Take a step forwards on one leg and then drop your hips directly down between both feet, bending both knees.

Push back up to the starting position and repeat on the other leg.

Keep your body upright and straight throughout the movement.

6. Rear foot elevated hip flexor/quads stretch

3 sets / 10 reps / 3 second hold



Rest your leg to be stretched on a chair behind you.

Make sure your stance leg is far enough in front of the chair that when you drop down your front knee does not travel over the toes.

Drop your hips straight down, keeping your chest and head up.

You will feel a stretch in the thigh of the back leg, and the effort of the exercise in the front leg.

7. Wall squat holds

3 sets / 10 reps / 3 second hold



Stand up straight leaning your back on a wall.

Step your feet forwards, away from the wall.

Your feet should be shoulder width apart.

Keep your back against the wall whilst you bend your knees and slide down the wall.

Your knees should travel over your second and third toes.

Only go as far as you feel able to before holding this position.

Slowly straighten your knees back up to standing.

8. Hip extension in 4 point kneeling

3 sets / 10 reps



Start on your hands and knees with your hands under your shoulders and knees under your hips.

Find your neutral position with your spine and head.

Push the heels of your hands into the floor so that your shoulder blades flatten against your back.

Tighten your abdominal muscles to help stabilise your trunk as you slowly straighten one leg out behind you.

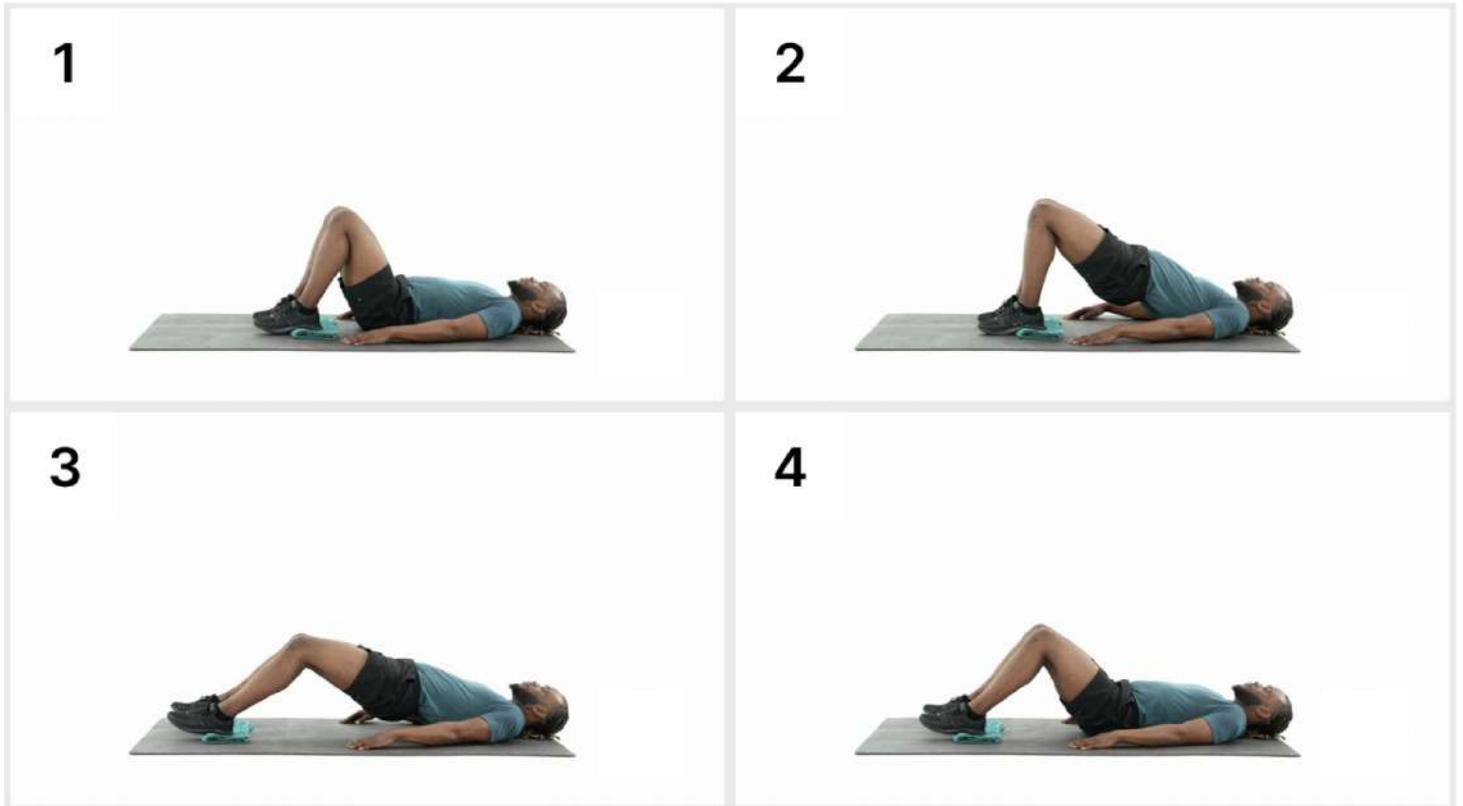
Lift your leg from the floor until you have a straight line from the back of your head to the heel of your foot.

Do not allow your hips to rotate with this movement.
Control the movement as you bring your leg back in to the starting position.

Ensure your back and neck remain in the neutral position throughout, with your shoulder blades controlled.

9. Hamstring towel slide - Eccentric

3 sets / 10 reps



Lie on your back with your legs hip-width apart, feet flat on the floor, and with a towel under your heels.

Keep your arms relaxed on the floor by your sides.

Tuck your tailbone between your legs and lift your buttocks up until your hips are straight.

Slide your heels away from you so that your knees straighten and hips stay high.

Then lower your buttocks on the floor and bend your knees back to the starting position.

You can also use a sliding disc for this exercise.

10. Straight leg bridge with legs elevated

3 sets / 10 reps / 3 second hold



Lie on your back with your heels rested securely on a bench. Ensure your knees and feet are hips distance apart with your knees pointing to the ceiling.

You should have your knees bent to approximately 45 degrees. Tighten your abdominal and buttock muscles and roll your tail bone up from the floor.

Continue this movement, lifting your hips directly up to the ceiling until you have a straight line from your shoulders to your knees.

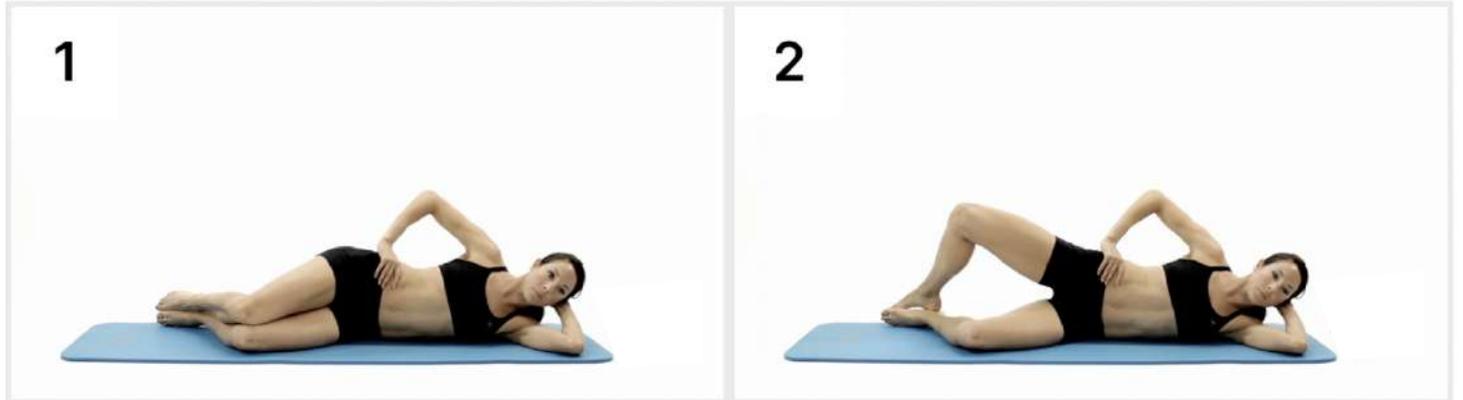
Keep your neck and shoulders relaxed. Holding this position, lift one leg from the bench.

The leg remaining in contact with the bench will be the one you exercise. Keep your hips level throughout.

Lower your elevated back leg down to the bench. Control the movement as you lower your hips back down to the floor. Your abdominal muscles should remain engaged until your lower back reaches the floor.

11. Clam shells

3 sets / 10 reps



Lie on your side with your feet, ankles and knees together.

Bend the legs a little and tighten your core stability muscles.
Keeping the feet together, lift the top knee up.

Make sure you don't roll your body back with the movement.
Control the movement as you bring the knee back down to the starting position.

Stop if there is any discomfort in lower back. have a break and resume exercises.

Complete on both sides

12. Sideways step up

3 sets / 10 reps



Stand up straight, sideways to a step.

Your affected leg should be closest to the step, and your feet close together. You may use a handrail or chair for support if required.

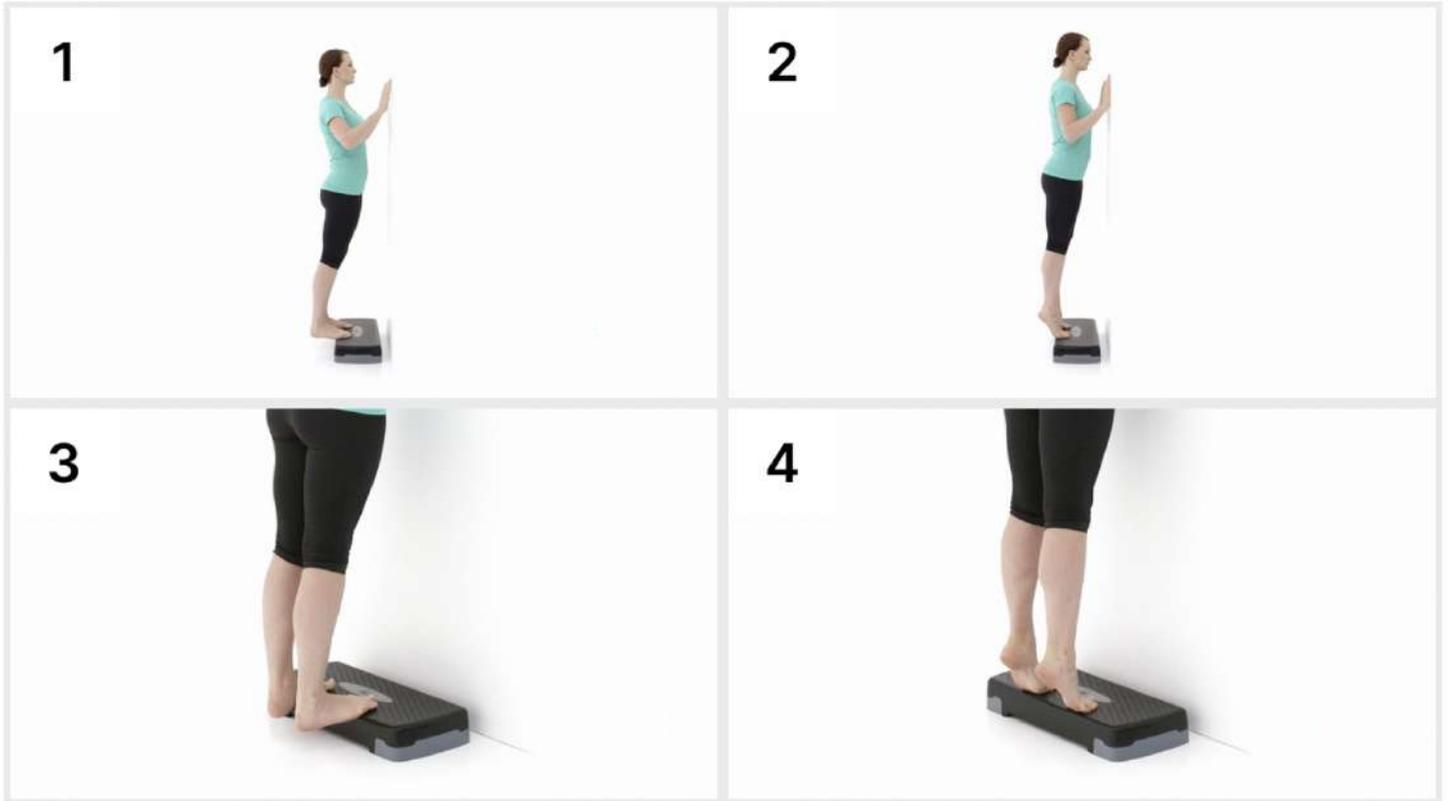
Step your affected leg onto the step.

Step up, pushing through your affected leg, and stand tall, hovering your other leg above the floor.

Return your other leg to the floor, whilst keeping your affected leg on the step.

13. Calf raise on step with support

3 sets / 10 reps / 3 second hold



Stand up straight on a step.

Place the step in front of a wall, or close to a rail for support.

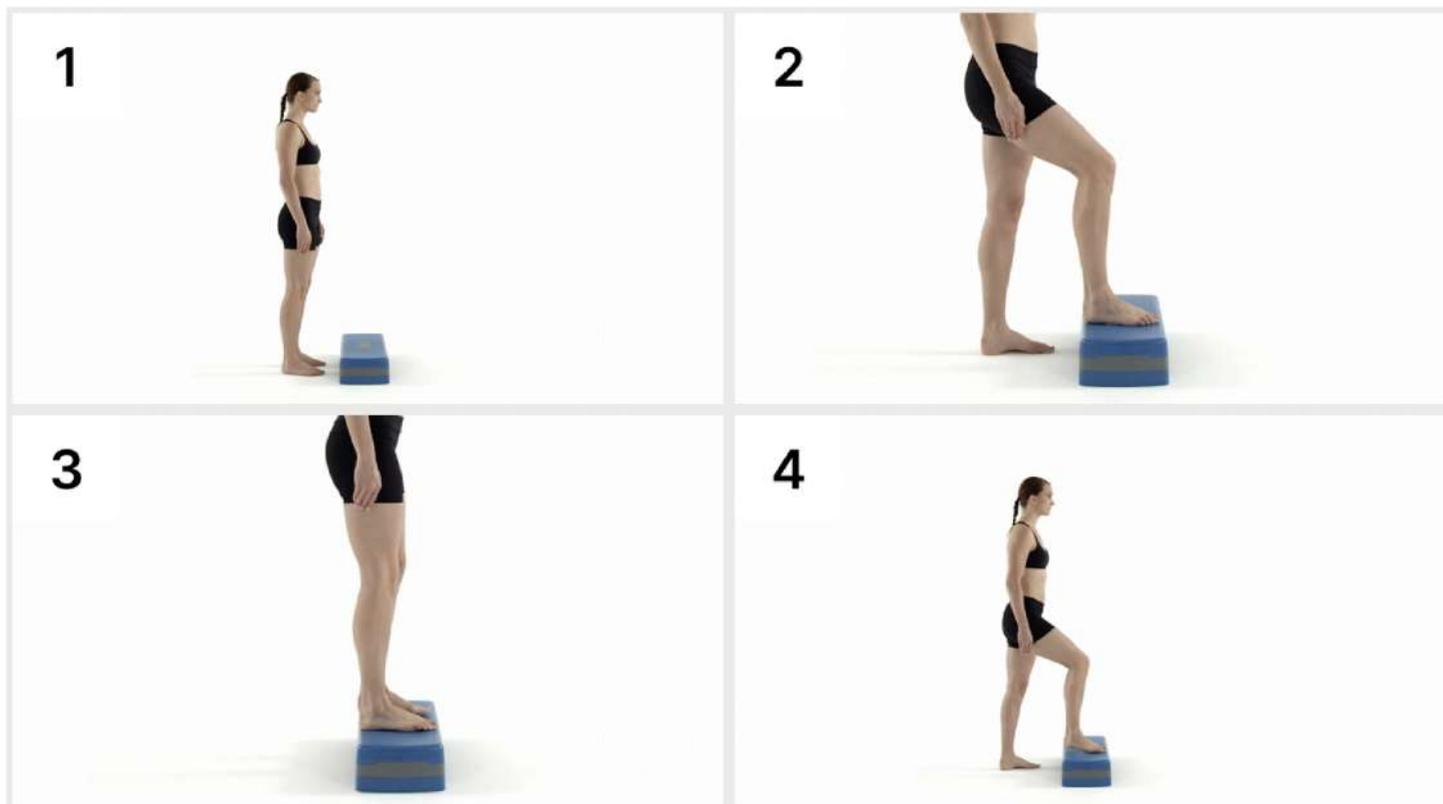
Walk your feet backwards so that your heels hang off the back to the step.

Keeping your knees straight, rise up onto the balls of your feet.

Control the movement as you lower your heels back down and repeat the movement.

14. Step up

3 sets / 10 reps



Stand facing a step.

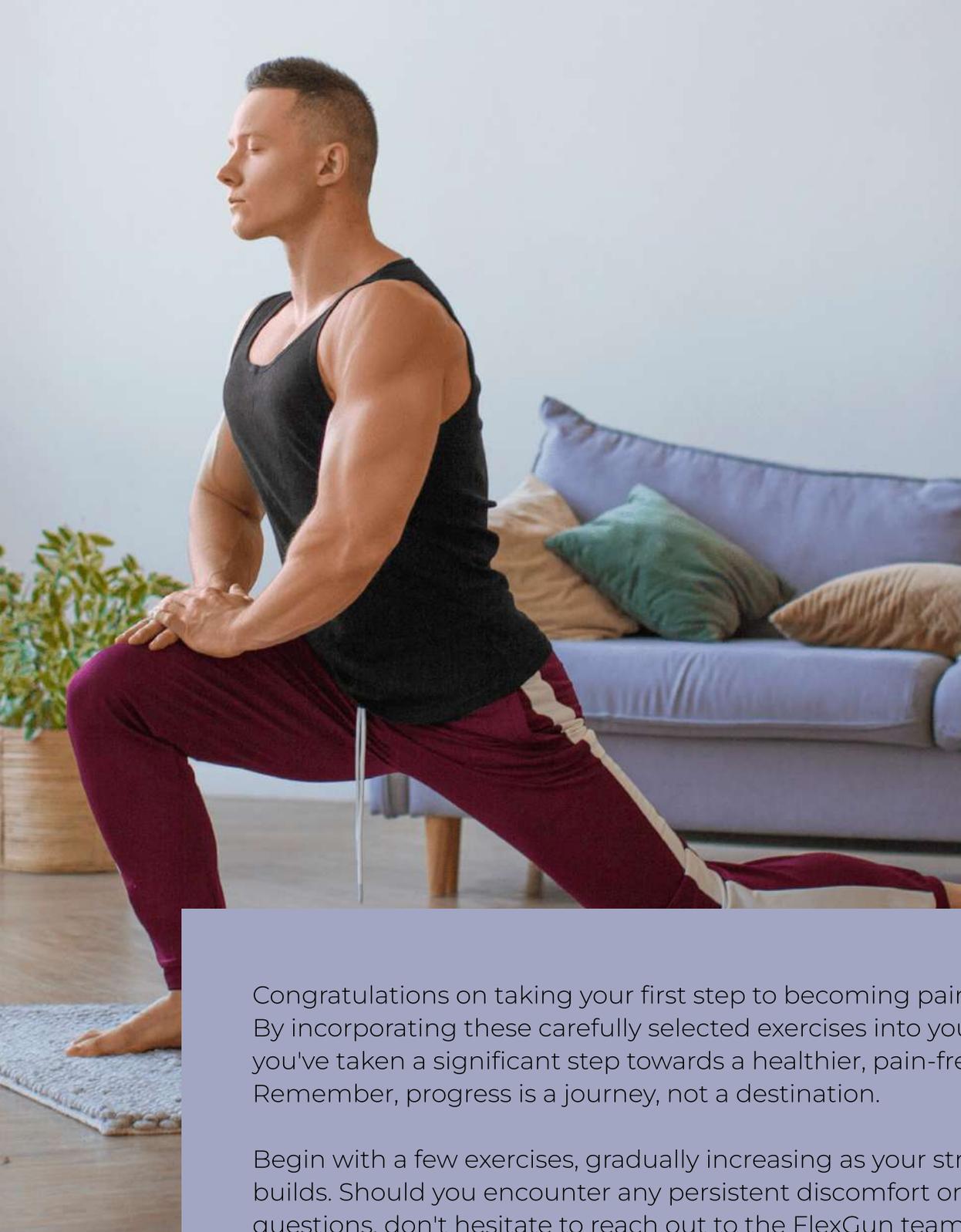
Place your affected leg up on the step.

Step up bringing your other leg onto the step and then step back down to the start position using the same leg.

Make sure your knee travels forwards over your toes during this exercise.

Your affected leg will stay on the step throughout this exercise.

Good foot to heaven. Bad foot to hell.



Congratulations on taking your first step to becoming pain free. By incorporating these carefully selected exercises into your routine, you've taken a significant step towards a healthier, pain-free lifestyle. Remember, progress is a journey, not a destination.

Begin with a few exercises, gradually increasing as your strength builds. Should you encounter any persistent discomfort or have questions, don't hesitate to reach out to the FlexGun team or consult your healthcare professionals. Embrace the journey, stay consistent, and enjoy the newfound freedom and comfort that a strengthened back brings to your life.

Here's to a future of well-being and vitality!



**Recover faster.
Move better.
Feel stronger.**

© FLEXGUN